

## Audience with Mr Obama

Mulberry pupils meet President following visit from First Lady

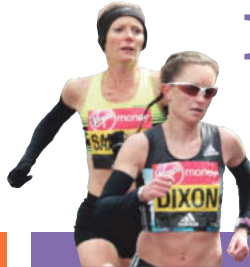
SEE PAGE 2



## Farewell to an old-school MP

Mildred Gordon fought tirelessly for east Londoners

SEE PAGE 13



## London's great human race

Thousands of runners make it a marathon to remember

SEE PAGES 16 & 17

ISSUE 1100 2 - 15 MAY 2016

WWW.TOWERHAMLETS.GOV.UK



TOWER HAMLETS

# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Dawn raids target violent drug gangs

BY STAFF REPORTER

**TWO cannabis farms, class A drugs and more than £5,000 in cash were among discoveries made by police cracking down on gangs involved in drug dealing and violence.**

The Met's Trident and Area Crime Command carried out dawn raids in both Tower Hamlets and Newham.

Officers targeted 40 addresses over three days, and more than 30 were people taken into custody.

The last 12 raids, on Wednesday, April

27, marked the end of the intelligence-led operation, which began in autumn last year.

Some 33 men and two women aged between 16 and 42 have been arrested on suspicion of a range of offences, predominantly the supply of class A drugs.

Detective Inspector Rick Sewart, from the Trident Central Gangs Unit, said the operation had been a success and issued a warning to criminal networks.

"It is part of the continuous work we do to identify, track down and bring to account the most prolific offenders linked to street gangs," he said.

"For the small number who choose to affiliate to this harmful lifestyle, our message is clear – accept the specialist support on offer to leave criminality behind – or face

the consequences that are coming to you."

Acting Detective Superintendent Mike Hamer, lead for Tower Hamlets gang crime unit, added: "This long-term operation is an excellent example of the successful tactics we are employing to reduce the criminal activity that fuels violence.

"It's not just about enforcement – we have a range of opportunities on offer to help divert those at risk of getting drawn into gangs in the first place or want to leave."

## BY GEORGE, IT'S THE QUEEN'S BIRTHDAY!



Revellers partied for St George's Day and the Queen's 90th birthday at the Arts Pavilion in Mile End Park. See pages 10 & 11.

**INTENSIVE COURSES • BLOCK BOOKING DISCOUNTS OFFERED\***

**020 8983 0085**  
Evening mobile: 07507 196606  
[www.ignitedriving.co.uk](http://www.ignitedriving.co.uk)  
419 Roman Road, London E3 5QS

**ignite**  
Driving School  
IN SHOP **Theory Training\***  
Free Training for IGNITE Students Instructor Training Available on part 1, 2 & 3

**SPECIAL OFFERS**  
**CHOOSE FROM ANY OF THESE OFFERS!**

MANUAL driving lessons	AUTOMATIC driving lessons
3 hours £57*	3 hours £66*
5 hours £88*	5 hours £105*
10 hours £188*	10 hours £205*

\*Terms & conditions apply

**ADI's and PDI's wanted**

Male and female instructors available in automatic and manual

**All our instructors are DSA Approved**

• **2-5 Years Guaranteed Rent** • **0% Commission**



**elliotleigh.com**

**020 8983 4444**

**3 Months rent in advance paid!\***

\* Terms & conditions apply



Let Girls Learn

Mulberry School is working in partnership with Michelle Obama’s Let Girls Learn campaign in the UK.

SEE BELOW



President Obama ‘a fantastic orator’

“The students are really inspired by Michelle Obama (pictured left), but also now by Barack. I feel that they have been incredibly generous with their time and their support for young people.”

MULBERRY SCHOOL HEADTEACHER DR VANESSA OGDEN

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. Tel: 7364 3179 Fax: 7364 4917 Email: eastendlife.news@towerhamlets.gov.uk



eastendlife

Editor Helen Watson Tel: 7364 3173 Deputy Editor Russell Cotman Tel: 7364 4128 Reporter Jessica Odubayo Tel: 7364 4365 Photos Kois Miah Tel: 7364 3253

Advertisement Manager Sharan Ahmed Tel: 7364 4061 Senior Advertising Sales Executive Christine O’Doherty Tel: 7364 4994 Senior Advertising Sales Executive Fatima Khan Tel: 7364 4623 Advertising Production Controller & Sales Executive Terri Gornall Tel: 7364 4682 Distribution Manager & Finance Abdul Miah Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week



The official independently audited door-to-door delivery is 82,395 Audit Bureau of Circulation (ABC Regional) July-Dec 2015.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

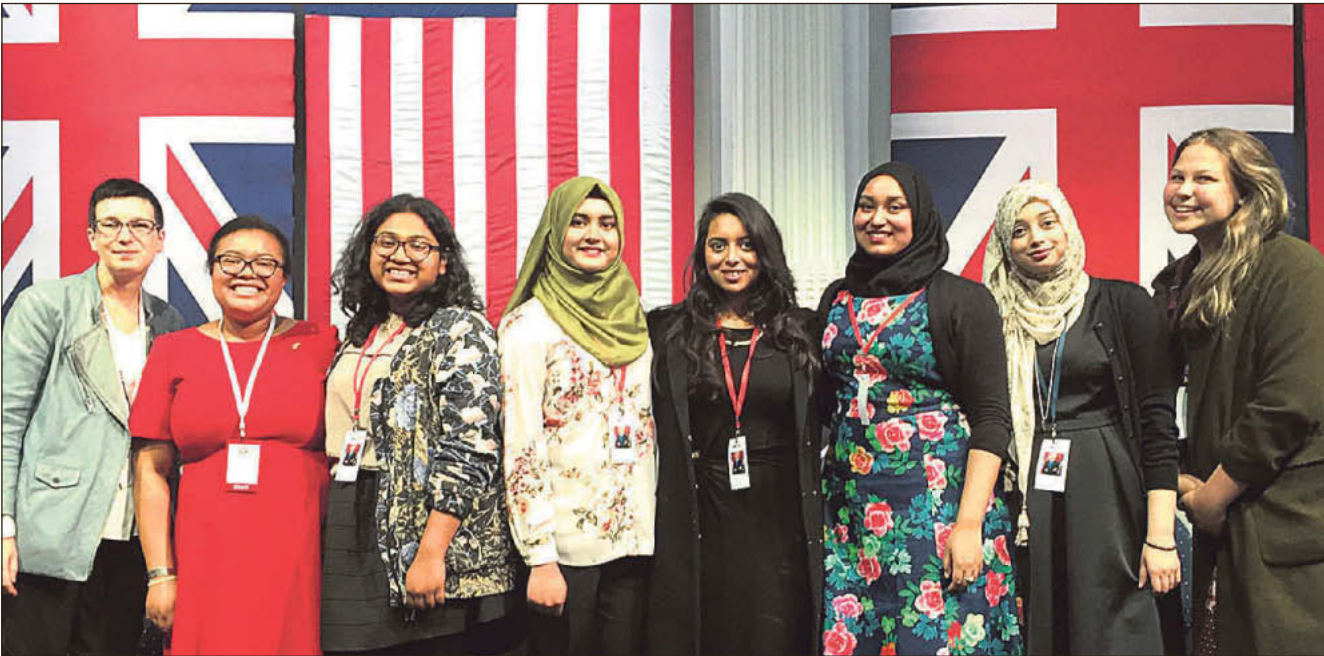
East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Printed by Trinity Mirror. Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666 If you know someone who does not receive East End Life call 7364 0474 or email abdul.miah@towerhamlets.gov.uk



Facebook /towerhamletscouncil Twitter @TowerHamletsNow Instagram @TowerHamletsNow

After meeting Michelle Obama last year, Mulberry Girls make a new friend



Mulberry School students with headteacher Dr Vanessa Ogden and other guests at the event

And now... the President!

BY JESSICA ODUBAYO

AS part of their growing relationship with the White House, representatives from Mulberry School for Girls met Barack Obama on his latest visit to the UK.

Pupils Promee Reza, Nusrath Hassan, Muslima Sheikh, Liz Todd and Anisa Khaliq, accompanied by headteacher Dr Vanessa Ogden, attended a public meeting with the President of the United States during his trip to London.

President Obama spoke with young people from schools, colleges and youth groups, addressing topics including Brexit, the Black Lives Matter movement, and civil and LGBT rights.

The meeting on April 23



President Obama

followed a visit by Michelle Obama to Mulberry in June last year, after which the First Lady invited them to visit her at the White House.

Mulberry is now working in partnership with Mrs Obama’s Let Girls Learn campaign to

take its work forward in the UK. Head girl Muslima said she was inspired by President Obama’s ability to take on every question and give an honest and reasonable answer. “I was left with hope: hope that the students in the audience that day will be the game-changers of tomorrow,” she said.

“The very idea that we had all come together to talk about issues facing the world today is powerful in itself.”

Year 12 student Anisa said: “President Obama was an absolutely fantastic orator. I was struck by his ability to make me – only one person in an audience of over 500 – feel like his messages were all things I could apply to myself.

“I was really interested in how he spoke about starting

conversations with people who would normally disagree with you, and trying to make compromises in order to create effective and long-lasting change.”

Year 12 student Rubaiyath said: “President Obama told us to reject pessimism and cynicism and to know that progress is possible and that our problems can be solved.”

Dr Ogden commented: “The students are really inspired by Michelle Obama in particular but also now by Barack.

“I feel that they have been incredibly generous with their time and their support for young people.

“It was a great honour for Mulberry to be invited to meet him and I would like to thank Ambassador Barzun and the US Embassy for inviting us.”

Inside this week’s issue

Schools news.....6	London Marathon.....16 & 17
Useful information.....8	Council information.....18 & 19
St George’s Day celebrations.....10 & 11	Out & About Guide.....20-23
History.....13	Eating out, eating in.....25
Harmony.....14 & 15	Sport.....29-32







## Next stop Olympicopolis

'Olympicopolis' is to be a new cultural and educational district at Queen Elizabeth Park and the future home of the V&A, University College London, London College of Fashion and Sadler's Wells.

SEE BELOW



## All change

London will vote on May 5 to elect a new mayor and assembly members.

[WWW.LONDONELECTS.ORG.UK](http://WWW.LONDONELECTS.ORG.UK)

### News

# Your chance to say how the capital is governed

BY SHALINA HUSSAIN

**LONDONERS will be taking to the polls this week to choose a new Mayor of London and members of the London Assembly.**

This includes 172,500 electors in Tower Hamlets who could generate a possible 517,500 ballot papers.

The Greater London Returning Officer (GLRO), Jeff Jacobs, said: "The mayor runs London, and has responsibility for issues

that affect all of us, from policing, housing and culture, to the economy, environment and transport.

"The assembly holds the mayor to account on behalf of Londoners. Every four years Londoners get the chance to shape this unique form of government – and their city. So, Tower Hamlets voters – don't miss out, remember to have your say!"

The council's elections team has prepared 116 polling stations so that

electors can visit their allocated polling station between 7am and 10pm on Thursday, May 5.

Electors can also find their polling station by visiting [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote).

Ballot papers from across London will be counted on Friday, May 6. The mayoral and London-wide assembly member results will then be announced at City Hall.

For more information, go to [www.london.elects.org.uk](http://www.london.elects.org.uk)

### News in brief



### Missing Stephanie

POLICE are appealing for help in tracing a missing person.

Stephanie Tutty (pictured) was last seen at the Royal London Hospital at around 7.15pm on Sunday, April 24.

Stephanie is white, approximately 5ft 3in tall, of slim build with strawberry blonde hair in a ponytail. She was last seen wearing a light grey, long-sleeved top, jeans, light grey backpack and black shoes.

Officers, concerned for her welfare, are keen to trace her.

She lives in Bethnal Green but may be in the St John's Wood area.

Anyone with information should call Tower Hamlets police on 101, quoting ref: 16MISO16698. Alternatively, call the charity Missing People on 116000.

### House kept afloat

FOUR fire engines and 21 fire-fighters and officers were called to a sinking houseboat on Boardwalk Place, Poplar Dock Marina.

The 25-ton residential vessel

flooded 90 centimetres under the water. A light pump was used to remove the water, and the barge was moved to a safe location.

The owner was not home, and no one was injured

Fire crews from Poplar, Millwall, East Ham, Homerton and a fire rescue unit from Bethnal Green attended the scene on April 18.

### Parks strategy

RESIDENTS can have their say on shaping future investment into parks and open spaces.

The council has commissioned an independent audit of open spaces in the borough.

Feedback will be used to help identify improvements to existing open spaces and provide direction for how new ones should be developed.

The strategy aims to ensure parks and open spaces reflect the needs of the community and improve the quality of life for everyone living and working in the borough.

Each year, the council carries out improvements to open spaces, including refurbishment to play areas, park furniture, planting and signage and separate local consultation is carried out for each of these improvement projects.

A public meeting will take place in May to discuss improvements in and around Bethnal Green Gardens.

To find out more visit [www.towerhamlets.gov.uk/consultation](http://www.towerhamlets.gov.uk/consultation)

# Royal approval for park project

**PRINCESS Anne visited Queen Elizabeth Olympic Park to celebrate her appointment as patron for Foundation for FutureLondon.**

The Royal visitor came to the park on April 20 to discuss the creation of 'Olympicopolis', a brand new cultural and educational district in the park.

World-class institutions moving to Olympicopolis include the Victoria and Albert Museum, University College London, London College of Fashion and Sadler's Wells.

The princess met school children and talked through design plans with architects.



Frances Corner, head of London College of Fashion, the princess and Oliver Ruuger, postgraduate student at the college, admiring an engraved leather briefcase which took 600 hours to complete using traditional tools alongside digital manufacturing techniques

**Chilli Garlic**  
Est. 2012  
Indian Grill Restaurant & Take Away  
Fully Air Conditioned

**TAKE AWAY OFFER**  
Spend £25 & Receive £5 Voucher (T&C applies)

**SPECIAL GRILL DISHES ARE AVAILABLE!**

**Monday to Thursday** **£12.95 per person**

- Papadom and 4 dip chutney
- Any Starter
- Any Main Curry Dish
- Plain or Pilau Rice or Nan Bread plus soft drink (£2.50 extra charge for seafood).

(Dining in only)

**Xpress free home delivery** minimum order £12.00  
**Free bottle of soft drink** with delivery orders of £22.00 or more...

**SPECIAL SUNDAY DEAL** **£9.95 per person**

ANY STARTER | ANY MAIN CURRY  
ANY SIDE DISH | PILAU or WHITE RICE  
or NAN BREAD (Seafood not included)

501 Roman Road, Bow, London E3 6LX  
[www.chilligarlic.com](http://www.chilligarlic.com)  
020 8983 4301 / 020 8983 5341

**COVERSURE**  
INSURANCE SERVICES

All covered

**Business Commercial Landlord Home**

Coversure Insurance Services in Bethnal Green

0800 3081 050 | 0208 983 7779

Coversure Insurance Bethnal Green  
71 Roman Road, London, E2 0QN  
[coversure.co.uk/bethnalgreen](http://coversure.co.uk/bethnalgreen)

CHAT TO OUR BUSINESS TEAM TODAY

Icons: Building, Shopping Bag, House, Calculator, Shopping Cart, To Let

**LANDLORDS**

**Does Your Agent Have?**

Licensed **ARLA** member for lettings?  
Licensed **NAEA** member for sales?

**We offer**  
**Rent Guarantee 0% Commission**

**PRIME ESTATE AGENTS**

Unit B, 10 Quaker Street (off Brick Lane), London E1 6SZ  
0207 375 1188 / 079 4487 2919 (line open 9am-11pm)  
[www.primeestateagents.co.uk](http://www.primeestateagents.co.uk)  
admin@primeestateagents.co.uk

Members of:

ARLA, NAEA, The Property Ombudsman

Unit B, 10 Quaker Street (off Brick Lane), London E1 6SZ



# Swap event

Bring your unwanted reusable items and pick up something for yourself

**SATURDAY 14<sup>th</sup> MAY 2016**  
11am to 3pm

*free!*



## What to bring?

- Clothes (inc. school uniform & baby clothes)
- Paired shoes • Books • CDs • DVDs
- Bric-à-brac e.g. toys, plant pots, CD racks

If you have something large, such as furniture, don't bring it with you. Instead, bring a photo, description and contact details.

## Other items (that we can recycle but can't be swapped)

- Small electrical appliances • Adult bicycles
- Household batteries • Printer cartridges
- Low-energy light bulbs • Mobile phones

## Where:

Café Forever, 3 Glengall Grove, Isle of Dogs, London, E14 3NE

For more information please contact the Recycling Team on

**0207 364 5128**

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

[recycling@towerhamlets.gov.uk](mailto:recycling@towerhamlets.gov.uk)

**CAN'T MAKE IT?** We hold several swap events throughout the year. Email your details to [recycling@towerhamlets.gov.uk](mailto:recycling@towerhamlets.gov.uk) and we will update you each time we hold an event.



**TOWER HAMLETS**  
**CAN RECYCLE MORE!**  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)



Working in Partnership for Cleaner, Safer Streets



## CHANGES TO REFUSE AND RECYCLING COLLECTIONS MAY BANK HOLIDAY MONDAY 2 MAY 2016

Over the Bank Holiday period there will be changes to your normal collection arrangements. Your waste, recycling, food and garden waste collections will be affected

### NORMAL COLLECTION DAY

Monday 2 May ..... Tuesday 3 May  
Tuesday 3 May ..... Wednesday 4 May  
Wednesday 4 May ..... Thursday 5 May  
Thursday 5 May ..... Friday 6 May  
Friday 6 May ..... Saturday 7 May

### REVISED COLLECTION DAY

Please ensure your waste and recycling (including food and garden waste) is available for collection before 7.00am



**TOWER HAMLETS**  
**CAN RECYCLE MORE!**  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)





## Get involved and volunteer

Volunteer Centre Tower Hamlets recruits volunteers for a wide variety of non-profit organisations and groups in the borough. It provides training, advice and information.

[WWW.VCTH.ORG.UK](http://WWW.VCTH.ORG.UK)

## Report your concerns

If you have concerns that conmen or women are operating in your area, contact the police.

CALL 101

### News

# Serial rapist jailed for life

## Police appeal for other victims of violent 28-year-old attacker to come forward

BY STAFF REPORTER

### A MAN has been jailed for life for a series of rapes.

Liban Abdi, 28, of Woodstock Terrace, Poplar, was found guilty of four counts of rape, four counts of sexual assault and two counts of assault.

He was sentenced on Thursday, April 28 at Snaresbrook Crown Court to a life term, with a minimum of 24 years.

The court heard Abdi was linked to attacks on five women committed between November 2014 and April 2015 in the Poplar and Bethnal Green areas.

Detectives from the sexual offences, exploitation and child abuse command tracked him down after reviewing CCTV footage and recovering the clothing he wore during the incidents.

Three of the attacks took place on the same day.

At about 9am on November 29, 2014, Abdi attacked a 75-year-old woman as she walked along Ming Street, Poplar. He rummaged through her pockets before sexually assaulting her and punching her to the ground.

That afternoon, he approached a 19-year-old woman in the underpass by the Docklands Light Railway at Blackwall before sexually assaulting her.

About an hour later, Abdi sexually assaulted a 21-year-old and repeatedly punched her in the face in the stairwell of flats on Commercial Road, E14.

In the early hours of December 4, 2014, he grabbed a 29-year-old woman from behind in Elizabeth Close, E14, before dragging her to wasteground in



Liban Abdi is behind bars

Duff Street and raping her. Abdi was arrested on December 7, 2014, but denied all offences and was bailed while officers gathered evidence.

At about 6.10am on April 29, 2015, a 25-year-old woman was sexually assaulted close to Hackney Road, E2.

Abdi was arrested that afternoon and charged with five offences. He was found guilty at Snaresbrook Crown Court on February 9, 2016.

Detective Constable Tim Duffin said: "Abdi targeted lone women and put them through a terrible ordeal.

"I would like to praise their bravery in coming forward and continued support throughout the investigation. It is thanks to them that this dangerous man is in prison.

"It is possible that there may be other women who were attacked by Abdi who are yet to contact police. I would ask them to call us so that we can help in any way possible."

### News in brief

#### Island history walk

AN interactive walk trail, exploring the history of the Isle of Dogs, has been relaunched.

Island Board Walk centres around the renewal of heritage boards, which were installed 20 years ago to celebrate the Island's rich industrial past.

Nine of the 18 boards have now been updated and a new audio tour is available to download as a podcast.

Visit [www.islandboardwalk.com](http://www.islandboardwalk.com)

#### Scrutiny meeting

THE council's overview and scrutiny committee will meet at Idea Store Whitechapel on Monday, May 9.

The meeting, which is open to the public, will start at 7.15pm. For more information visit [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)



VOLUNTEER Centre Tower Hamlets has launched an online platform packed with roles for students who want to improve their CV, residents who want to get more involved in their community and job-seekers needing experience. Roles currently available include working with children, health care, and outdoor work. Visit [www.vcth.org.uk](http://www.vcth.org.uk) or call 7377 0956. Volunteers are pictured working with Tower Hamlets Women's Environmental Network.

# Warning over phone con

### LOCAL people are being warned to be on their guard after phone scammers stole thousands of pounds from an elderly woman.

The woman in her 80s, who lives on the Isle of Dogs, was called by a man pretending to be a police officer from Ilford.

He said there was evidence that money was being taken from her bank account and her

help was needed to catch the culprits. She was told to tell no one about the call, and given a 'special password'.

The crooks conned her into drawing out a large amount of cash and told her to hand it over to a courier, who would ask her for the password.

The woman did as she was asked and handed over a substantial amount of cash to the men, who came to her home.

East End Life was contacted by the woman's neighbour.

She said: "These people are targeting older and vulnerable people.

"My neighbour is very upset and I wanted to warn others who may have gotten calls like this. If you don't know the caller, just put the phone down and ask friends, family or neighbours to help if you are unsure of anything."



## Fairies and Elves

**New Ofsted Registered Nursery and Day Centre has opened at Bow. To register your interest or to visit the nursery for your child's admission call on**

**03333 222 786 / 07576 222474**

**Full funding available for most of our courses**

**Enrolling for AAT, Access to Nursing and Early Years Educator**

**Our Head Office Address  
Mitchell House  
1 Kitcat Terrace  
Bow, London E3 2SA**

**Abis Resources  
020 8980 5552**

**We take children from 6 months to 5 years  
Funding available from 2 years and 3-5 years old from the Local Council (eligibility criteria applies)**

Levels 3 and 4 Health and Social Care  
Level 3 Access to Nursing and Midwifery  
Level 3 Early Year Educator (GCSE – Eng, Maths A-C Grade, required)  
Levels 3 and 4 Business Administration  
Levels 3 and 4 AAT Accounting  
Levels 3 and 4 Customer Service  
Levels 3 and 4 Management  
Level 4 Education and Training  
Level 3 Teaching Assistants





## Loud and clear

Jack Petchey's Speak Out Challenge! aims to give children the skills, desire and confidence to speak in public.

WWW.SPEAKOUTCHALLENGE.COM



## A challenge for young people

The Duke of Edinburgh awards scheme is the world's leading youth achievement award, challenging 14- to 25-year-olds in physical and volunteering activities.

WWW.DOFE.ORG

### Schools news

#### News in brief

#### Sir John Cass' exceptional grades

SIR John Cass Redcoat School has been recognised for exceptional academic performance.

Data from the Schools, Students and Teachers network (SSAT) shows that the Stepney school is in the top 20 per cent nationally for high average grades achieved by students.

It is also in the top 10 per cent for progress made by pupils between their key stage 2 results at primary school and key stage 4.

Awards will be presented to the school at a regional celebration hosted by the network to draw attention to the work of high-achieving, improving and innovating schools and teachers.

Sue Williamson, chief executive of SSAT, said: "I have the privilege of visiting a lot of schools and I am always impressed by the creativity of teachers in engaging and inspiring their students."

#### Celebrations for Bengali New Year



STAFF and students at Oaklands School in Bethnal Green celebrated Bengali New Year 1423.

To mark the day on April 14, students prepared Bangladeshi dishes during food tech lessons and produced henna designs and face painting during break times to raise money for children's charity Blue Balloon.

They wore traditional outfits to raise money for Amnesty International and welcomed parents and residents to join the celebration.

Decorations of Bangladeshi flags and red and green balloons were put up throughout the school.

# Top tennis tips from Tim



Tim Henman with children from years 4 & 5, headteacher Gillian Kemp, and teachers Miss Holman and Mr Backett

BY JESSICA ODUBAYO

#### A GROUP of pupils from Cyril Jackson School were given some top tennis tips by former British No1 Tim Henman, when they visited his former school.

Reeds, an independent school in Chobham, Surrey, is ranked one of the best in the country for tennis.

Henman, who was a student there in the early 1990s before becoming Britain's top player, met the pupils and posed

for a photograph with them.

Gillian Kemp, head teacher of the Limehouse school, said the visit aimed to raise pupils' aspirations through the learning of new skills.

"Our children were provided with a range of opportunities on the day, including football, tennis, chess and music," Ms Kemp told East End Life.

"It was a memorable day and the children enjoyed every minute of playing tennis with Tim Henman and the school's top coaches."

## Julia leads the way on Prevent

#### A TEENAGER from Poplar has been praised for leading a counter radicalisation project.

Julia Hossain, a 16-year-old student at Tower Hamlets College, was selected to take part in the Tower Hamlets young leaders' programme, which teaches participants to explore causes they feel passionate about, through workshops and community events.

The programme aims to teach skills in leadership, crisis management and critical thinking.

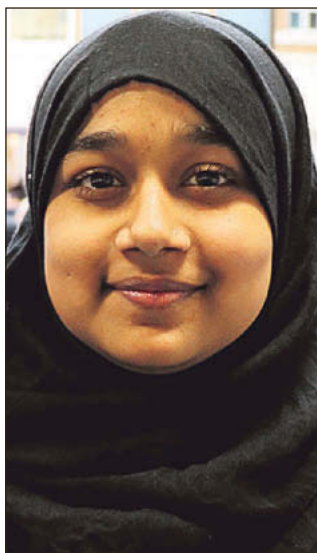
During her seven months on the scheme, Julia chose to work on Prevent, the government strategy to counter radicalisation and terrorism. She hosted seminars and gave presentations on the topic to audiences of up to 100 people.

"We need to raise awareness about terrorism and radicalisation in order to combat it," Julia said.

"Vulnerable people around the world are being targeted and it will continue unless we're not educated and don't stand up to it.

"Hopefully my talks can help to raise awareness."

"I gave a presentation to an audience of influential



Julia Hossain, 16

people from education, local government, police and community groups at a borough-wide conference.

"When I entered the room, my whole body was shaking, but once I started I began to feel more comfortable and after I'd finished I really felt like I had achieved something," she added.

Julia was born in Bangladesh, moved to Italy at the age of six and has been living in London since she was 15.

She is a student on the college's new arrivals programme for 14- to 16-year-olds.

OSMANI Primary School in Whitechapel had a feast fit for royalty with a picnic in their playground to celebrate the Queen's 90th birthday.

The event (pictured right) on Thursday, April 21 featured games and activities as well as a shared meal.

"The celebrations linked nicely with Osmani's maths week and the children dressed either as money – many as coins with the Queen's face on – or in the colours of our nation's flag – red, white and blue," Clare Dean, acting assistant headteacher and literacy



co-ordinator told East End Life. "Fortunately the weather was sunny so the children enjoyed sharing food and

then had a go at playing some of the games Her Majesty may have played when she was in school."

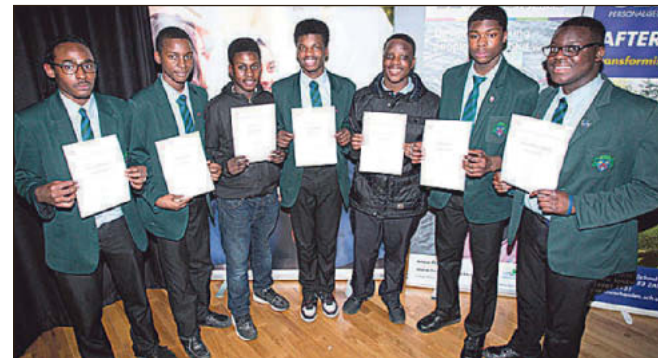
## DofE awards for under-25s

#### MORE than 100 young people from the borough picked up certificates at an awards ceremony to celebrate their achievements in the Duke of Edinburgh Award scheme.

The ceremony took place at Central Foundation Girls' School in Bow on March 22.

The programme is comprised of three levels – gold, silver and bronze, and is managed by the council's outdoor education team.

To achieve a DofE award, young people aged 14-25 must complete activities based around a personal programme



Bishop Challoner pupils collect their awards

of volunteering, skills, physical and expeditions.

The skills and personal attributes developed through participation are recognised by employers, colleges and uni-

versities. This year has been the most successful to date in Tower Hamlets, with more than 700 people registering on to a programme and nearly 200 completing an award.





## Put healthy eating back on the menu

Healthy Start food vouchers are worth £3.10 each and can be spent on fresh or frozen fruit and vegetables, cow's milk or infant formula milk. To apply for vouchers visit...

[HTTP://WWW.TOWERHAMLETS.GOV.UK](http://www.towerhamlets.gov.uk)

## A chance to remember

Altab Ali was murdered in a racist attack by three teenagers on May 4, 1978 as he walked home after work.

SEE BELOW

### News

TO make it easier for local families to get more fruit and vegetables in their diet, two traders at Chrisp Street market will now take Healthy Start food vouchers. Toklas Miah and Dilu Miah, have achieved the Tower Hamlets Gold Standard Buywell award for their fresh, affordable, good-quality produce. The scheme provides food vouchers and free vitamins for mothers and children. Vouchers are worth £3.10 each and can be spent on fresh or frozen fruit and vegetables, cow's milk or infant formula milk in a wide range of shops and businesses. To find out more or to apply for vouchers visit [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)



Right: Sidney looks forward to enjoying his strawberries on Chrisp Street market

### News in brief

#### Bangladesh is on conference agenda

THE sixth annual conference on the story of Bangladesh and Bangladeshi people will take place on Saturday, May 7.

Organised by voluntary group Brick Lane Circle, the event aims to help improve the understanding of the country and consider some of the complexities and challenges faced by its people, wherever they live.

It will feature talks on economic development of the Bangladeshi community in Britain; the role of mothers and grandmothers in shaping children's identities; older women and the construction of community; and changes and challenges to the Bangladeshi restaurant trade.

For details or to book a place call 07914 119282 or email [bricklanecircle@yahoo.co.uk](mailto:bricklanecircle@yahoo.co.uk)

#### Making a splash

COMMUNITY organisation South Poplar & Limehouse Action For Secure Housing (SPLASH) will launch an employment project and online digital centre on Thursday, May 12.

The event, at Wigram House community centre, Poplar High Street, will take place from 5-7pm.

For details visit [www.splashcommunity.com](http://www.splashcommunity.com)

#### Picturing Palestine

TOWER Hamlets and Jenin Friendship Association will explore how art, creativity and international solidarity can relate to the situation in Palestine.

The Portrait of Palestine 2016, will take place at Oxford House, Derbyshire Street, E2 on Monday, May 9 at 7.30pm.

For details email [palestine.solidarity@gmail.com](mailto:palestine.solidarity@gmail.com)

# Victim of racism commemorated by day of events

BY SHALINA HUSSAIN

## A SERIES of events on May 4 will commemorate the life and death of Altab Ali.

Mr Ali was killed in 1978 in a racially motivated attack in the Whitechapel park that now bears his name.

His death mobilised an anti-racism movement locally and nationally.

Events on the day will include a theatrical production of The Altab Ali Story, an exhibition, a relaunch of the Kobi Nazrul Arts Centre and wreath-laying at Altab Ali Park.

Swadhinata Trust, an organisation that promotes Bengali heritage, presents The Altab Ali Story at Brady

Arts Centre in Hanbury Street, Whitechapel.

The production tells the story about that day and its subsequent impact. It uses drama to touch on issues such as adversity and friendship, and explores the cultural environment in the late 1970s and the subsequent anti-racist movement.

There will be two free daytime performances for school groups at 10.30am and 2pm, as well as one public performance at 8.45pm.

Tickets for the evening performance cost of £8/£5.

This will be accompanied by an exhibition focusing on images created during and after 1978 and using mixed media to present work by a

range of local artists including Dan Jones, Alice Sielle, Danielle LaMarche, Phil Maxwell and Paul Trevor.

The exhibition will be displayed at two venues, the Brady Arts Centre and the Kobi Nazrul Centre until Friday, May 20.

There will be a short ceremony at Altab Ali Park from 6pm to lay wreaths and poetry readings, followed by refreshments and then a relaunch of the Kobi Nazrul Arts Centre in Brick Lane at 6.45pm.

For further information, or details on how to book tickets for the evening performance of the play visit [www.towerhamletsarts.org.uk](http://www.towerhamletsarts.org.uk)

For more information on hate crime, visit [www.towerhamlets.gov.uk/hatecrime](http://www.towerhamlets.gov.uk/hatecrime)



## Free academic assessment for your child



### Book today:

020 8819 3276

[charlie@minervatutors.com](mailto:charlie@minervatutors.com)

Spaces limited!

English, Maths, Reasoning

Free advice from expert education consultants

Years 3 - 7

10th - 11th May

3.30pm - 6.30pm

Newly opened centre

11 Shipton Street, E2 7RY





## Good for patients, good for staff

“Through partnering with iWantGreatCare, we will be able to hear the view of our patients in a more timely way, address issues that arise more quickly and share positive feedback.”

ALWEN WILLIAMS, CHIEF EXECUTIVE AT BARTS HEALTH NHS TRUST

## Useful information

# World-first for surgical training

### News from Barts Health NHS Trust

**MEDICAL innovation at The Royal London Hospital took centre stage as we became the first hospital in the world to broadcast an operation live in virtual reality.**

On April 14, an operation on a 62-year-old Londoner to remove cancer from his colon was made available online, with thousands of medical students watching remotely.

Using special headsets and just their smartphones, they were able to experience and learn about surgery first hand from one of the country's leading cancer surgeons, Dr Shafi Ahmed.

Working in partnership with Medical Realities, a healthcare company set up by Dr Ahmed to change the future of medical training, and Mativision, experts in live streaming, 360° cameras enabled viewers to move around the theatre and zoom in and out of any aspect of the operation.

Almost 100 medical students from Queen Mary University of London (QMUL) were provided with cardboard virtual reality headsets, which provided the full immersive experience, enabling them to participate in the operation from a nearby lecture theatre.

Others logged in from home or medical schools around the world, including as far away as Tanzania and Bangladesh, thanks to many QMUL students taking a handful of headsets with them when travelling home.

The aim is to give unparalleled access to new surgical learning resources, particularly for medical students in the developing world, allowing them to remotely experience state-of-the-art operating theatres and train in complex surgeries.

With plans to host many more surgeries, overlaying the video with graphics and labels

to create a bespoke learning tool, virtual reality surgery is set to become an interactive educational experience.

Dr Ahmed explained: “I am honoured that this patient has given permission for his experience to provide this unparalleled learning opportunity.

“As a champion of new technology in medicine, I believe that virtual and augmented reality can revolutionise surgical education and training, particularly for developing countries that don't have the resources and facilities of NHS hospitals.”

### iWantGreatCare

Barts Health has partnered with iWantGreatCare to find out what you think of our services and inform improvements being made to the care we provide.

The trust is encouraging all patients, carers, friends and family members to tell us what was good about the care you received, as well as what could have been better.

iWantGreatCare is independent and aims to encourage patients to provide meaningful feedback on their experience, say thank you and help improve care for the next patient.

People can complete the free and confidential questionnaire online by visiting: [www.iwgc.org/barts](http://www.iwgc.org/barts)

Paper feedback forms are also available in wards and clinics.

We have committed to using the comments from patients and family members to inform at least two service improvements every month.

We will also incorporate feedback into efforts to ensure hospitals are easily accessible, comfortable and safe, such as by providing additional chairs in long corridors.

Alwen Williams, chief executive at Barts Health NHS Trust, said: “Actively listening and responding to our patients is at the heart of our improvement plan to deliver safe and compassionate care.”

### Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

### Advice

**East London Parkinson's Support Group**

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

**Family Information Service (FIS)**

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

**Alzheimer's Society Tower Hamlets**

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

**Tower Hamlets Advocacy Project**

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

**Parents Advice Centre (PAC)**

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannafoord Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

### Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.**

### LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

### Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email [skillsmatch@towerhamlets.gov.uk](mailto:skillsmatch@towerhamlets.gov.uk)

**Tower Hamlets National Childbirth Trust**

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or [towerhamletsnct@yahoo.com](mailto:towerhamletsnct@yahoo.com) [www.nct.org.uk](http://www.nct.org.uk)

**Breastfeeding Support Centres**

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

**Free home fire safety advice**

From the London Fire Brigade 08000 28 44 28

### Careers advice

**Tower Hamlets Careers Service**

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

**TH Lifelong Learning**

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

**Careers advice**

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. ....

Page no. ....





## Green-fingered volunteers wanted

The next gardening session to revive the churchyard at St Mary's Church in Bow Road is on Saturday, May 7 from 10am-1pm. No experience is needed, just go along and help out.

CALL 7364 6696 OR VISIT [WWW.BOWCHURCH.WEBEDEN.CO.UK](http://WWW.BOWCHURCH.WEBEDEN.CO.UK)

## Learn from a master

GrandFest will feature masterclasses in weaving, jewellery making, spinning, crocheting and wood turning.

[HTTPS://GRANDFEST.ORG.UK](https://grandfest.org.uk)

### News in brief

#### Trees planted to 'green up' estate

TWENTY new trees have been planted on a Shadwell estate as part of plans to create a communal green space for residents to relax, play and socialise in.

Residents of St George's Estate helped with planting and developed their horticultural skills.

Environmental charity Trees for Cities has been working with residents and social housing landlord EastendHomes to improve the estate.

Paul Wilson, community engagement manager at EastendHomes, said: "Trees for London's horticultural expertise, combined with our residents' passion, is transforming unused areas of St George's Estate and improving residents' wellbeing now and for future generations."

David Elliott, chief executive of Trees for Cities, said residents on the estate have a real passion for improving their communal green spaces.

"Their local knowledge and willingness to get involved

in the project—from the initial design, the planting and on-going tree maintenance—is fantastic," he commented.

#### Peace garden for refugee centre



Bishop Hudson with Sophia and Theodora

A PEACE garden has been opened at a community centre in Wapping.

Bishop Nicholas Hudson, Catholic bishop responsible for central and east London, presided over the event at the Hurtado Jesuit Centre, home to the Jesuit Refugee Service.

Support from volunteers and a donation of tools from the

council helped make the garden possible. Horticultural student Clarissa Fleischer designed it.

"The garden will serve as a place of peace and rest, for those who visit and work here, including the hundreds of refugees who make use of our services," said Rebecca Gormally, programmes manager.

An art exhibition produced by primary school children was also unveiled at the event on April 18.

Schools including English Martyrs, Tower Hill, St Anne's, Whitechapel and Our Lady and St Joseph's in Poplar produced artwork portraying journeys in the life of Jesus and refugees around the world.

#### Disability sports day in Mile End

THE Vallance Community Sports Association holds its eighth annual disability sports day at Mile End Stadium on Thursday, May 19.

The free event will feature a range of sports for people with special educational needs and disabilities (SEND).

Activities include track and field events, football, cricket, soft tennis, plastic fencing and inclusive cycling.

Boccia, the popular precision ball game played in dozens of countries at Paralympic level, will also be on offer.

For those who want a break from athletics, there will also be face-painting and mehndi.

The event aims to promote disability services in the borough including study support groups and the council's Parents Advice Centre SEND forum.

It will finish with a presentation of trophies and medals.

Participants just need to turn up at the stadium at 10.30am to register, and bring their own lunch. Minibus parking is available. The event finishes at 2.30pm.

A PROJECT to revive the churchyard at St Mary's Church in Bow Road was launched last month, when scores of volunteers cleared, pruned and got the premises ready for summer. It will now be running monthly volunteer gardening sessions on a Saturday morning to keep the outdoor area in good form.

The church received a grant from the Metropolitan Public Gardens Association (MPGA) to replace conifers along the main path from the gate to the church door. And as part of the MPGA's Bulbs for London scheme, the association provided 2,000 spring bulbs which are now in flower.

The next volunteering session is on Saturday, May 7 from 10am-1pm – no experience needed. Advice and basic hand tools provided. For details call 7364 6696 or visit [www.bowchurch.webeden.co.uk](http://www.bowchurch.webeden.co.uk)



THE Duchess of Cornwall met a skilled group of septuagenarians in the run-up to a festival that celebrates the craft skills of older people. Hosted by the Royal Voluntary Service (RVS), GrandFest is a one-day event taking place on Sunday, June 5, in Spitalfields.

Older people will run masterclasses from bread making to crochet, and weaving to woodturning, in venues around Spitalfields, to pass on the heritage skills they have learnt and perfected over the years to the younger generation.

As president of the RVS, the duchess visited the Geffrye Museum in Shoreditch to meet craftsmen and women and to get a sneak preview of the skills they plan to showcase. To book on a GrandFest masterclass, visit <https://grandfest.royalvoluntaryservice.org.uk/> The Duchess of Cornwall is pictured meeting preserve maker Rae Wilson.



# Festival of Communities

Living and Learning together in Tower Hamlets

**Events, activities and fun-days between**  
Saturday 21 May – Saturday 4 June



[www.qmul.ac.uk/festival](http://www.qmul.ac.uk/festival)

#TowerHamlets, /FestivalofCommunities





**Big 'n' brassy**  
The big band sounds of Becontree Brass Band entertained party-goers.

SEE BELOW



**Tasty tuck from the Women's Institute**  
The East End Women's Institute provided homemade cakes for a party celebrating St George, England's patron saint, at the V&A Museum of Childhood, attended by more than 2,500 people.

SEE BELOW

News



# Music, dance and

BY CHRIS UNDERWOOD

**THE council hosted two events celebrating St George's Day and the Queen's 90th birthday.**

Dance leader Tony Lane hosted an over-50s tea dance at the Arts Pavilion in Mile End Park on Wednesday, April 20.

Sounds were provided by Dixieland-style jazz and swing band The Sunshine Kings, who had residents stepping out on to the dance floor in style.



Will Tuckley, the chief executive



of Tower Hamlets, dropped by. He said: "I am pleased that these events have been arranged to enable local residents to celebrate and have a good time. The residents that I spoke to were enjoying themselves."



Celebrations took place at venues including Mile End Arts Pavilion, the V&A Museum of Childhood and St Matthias Community Centre

"On behalf of the council, we would wish Her Majesty a wonderful 90th year."

Festivities continued on Saturday, April 23 when the V&A Museum of Childhood staged a day of old fashioned merry-making, paying homage to St George, England's patron saint, and attended by more than 2,500 people.

The event featured traditional English folk music, provided by the Trad Academy, alongside the big band sounds of Becontree Brass Band and the vocal harmonies of Hackney Voices Choir.

The East End Women's Institute provided homemade refreshments for the occasion.



NINETY-year-olds Elsie and Irene (pictured) were among residents who joined celebrations to mark the Queen's birthday and the 90th anniversary of a social housing landlord. Gateway housing association hosted celebrations in Mile End to highlight the two occasions. Founded in 1926, the housing association opened in Bethnal Green in 1929. Now, Gateway manages nearly 3,000 homes across the borough. The organisation has had several royal visits, including one from the Queen in 2001.

The celebration at Gateway's head office featured vintage tea sets and spring flowers and performances by the Sundial Singers.

Neda Haghsheenas, co-ordinator of Gateway's employment programme, was crowned winner of the baking competition, with her carrot and parsnip cake.

Sheron Carter, Gateway chief executive, said it was wonderful to celebrate on such a special day for the whole nation – the Queen's birthday. "We look forward to the next 90 years," she said.

Gateway has more events planned to celebrate its birthday, including an exhibition of local history entitled East End, The Place We Call Home, starting in October at Brick Lane Gallery.







## A double goth celebration

Gateway started life in 1926 as the Bethnal Green Housing Association. Over 90 years, the association has played host to many members of the Royal family and famous politicians.

[WWW.GATEWAYHOUSING.ORG.UK](http://WWW.GATEWAYHOUSING.ORG.UK)



## Play on!

Music included swing, jazz, English folk music and vocal harmonies.

### News

# merriment



MORE than 120 party-goers from Poplar and the Isle of Dogs enjoyed a St George's Day celebration hosted by community organisation Neighbours in Poplar with LinkAge Plus, a free outreach service for residents over the age of 50. Drag queen Tiffany entertained guests who also had a roast beef dinner and enjoyed line dancing. Mandy Molyneux, Neighbours in Poplar hub manager, said the guests really enjoyed themselves and many have put their names down for a celebration on May 13, to celebrate the Queen's birthday.



RESIDENTS at a St George's Day party raised £185 during a charity raffle. Tower Hamlets Community Housing (THCH) hosted the party at Tarling East Community Centre in Shadwell on the Queen's 90th birthday on April 21. The money raised helped boost donations to estate cleaner Peter Harrison, who ran the London Marathon in aid of St Joseph's Hospice. Andy Coleborn, THCH community development manager, said: "Each April we mark St George's Day and this year it was great seeing so many of our older residents enjoy a fish and chip lunch before spending the afternoon dancing away." Pictured above are Mary Flanagan and Terry Paige from Cable Street, Shadwell.

LONDON ATHLETICS

## Spectacular Fun Run!

No previous experience necessary!  
Open to all ages and abilities

### Mile End Park Tower Hamlets

Registration at the Athletics Track, E3 4HL

**Sunday 7 August 2016**

**2km Fun Run – walk, jog or run**

Age 4-14 • Register 9am • Start 9.30am

**5km Fun Run – walk, jog or run**

Age 14+ • Register 9.30am • Start 10am

**4 x 1 mile Relay Race**

Age 18+ • Register 2.45pm • Start 3.15pm

- Dress code – Sporty Summer
- Finishers medal for all runners
- Refreshments included
- Register online: [www.londonathletics.org](http://www.londonathletics.org)
- Further info: [londonrun@englandathletics.org](mailto:londonrun@englandathletics.org)



ENGLAND ATHLETICS

TOWER HAMLETS

BETTER  
the feel good place



LONDON ATHLETICS

Community Games 2016

## Diamond City DRY CLEANERS

### FREE PICK UP & DELIVERY

We will pick up and deliver your dry cleaning & laundry at your home or office.  
£20 Minimum Delivery



### SPECIAL OFFERS

5 Shirts for £7.50

2 Suits Dry Cleaned for £13.95

Tel: 020 7018 7030

504 Commercial Road,  
(Next to Troxy)  
London, E1 0HY

Opening Hours  
Monday – Saturday: 8am – 9pm / Sunday – 11am to 6pm  
[www.diamondcitydrycleaners.co.uk](http://www.diamondcitydrycleaners.co.uk)  
Email: [diamondcitydrycleaners@hotmail.com](mailto:diamondcitydrycleaners@hotmail.com)

### SPECIALIST IN ASIAN CLOTHING

Wedding Sarees  
Salwar Kameez  
Sherwanis  
and many more items





# Sleepless Nights?

**Not any more!**

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!



CALL OUR HOTLINES **Now!** ☎ **020 7377 2695**  
☎ **020 7247 1581**

[www.happynightmares.co.uk](http://www.happynightmares.co.uk)

**HUGE SELECTION OF**  
•BEDS •MATTRESSES  
•BEDFRAMES •SOFAS  
•WARDROBES •DINING  
TABLES •CHEST OF  
DRAWERS IN  
STOCK NOW!

**All types and sizes of MATTRESSES in stock now!**

- Orthopaedic •Open Coil •Pocketsprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure



**All types and sizes of DIVAN BEDS in stock now!**

**Great Prices!**



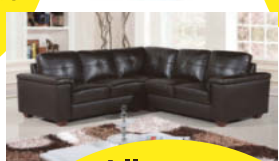
**All types and sizes of BEDFRAMES in stock now!**

- Metal •Leather •Fabric Wood •Traditional & Modern Designs



**All types and sizes of SOFAS in stock now!**

- 2 Seaters •3 Seaters •Corner Sofas •Recliners

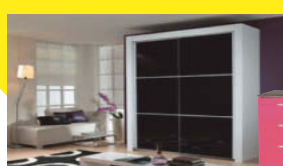


**All types and sizes of BUNK BEDS in stock now!**

- Doubles •Triples •Wood •Metal



**All types and sizes of WARDROBES in stock now!**

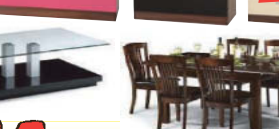
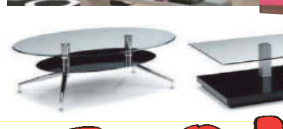


**All types and sizes of CHEST OF DRAWERS in stock now!**



**All types and sizes of TABLES, CHAIRS & DINING ROOM FURNITURE**

**And much, much more!**



**FAST**  
NEXT DAY DELIVERY  
OR COLLECT FROM STOCK

[www.happynightmares.co.uk](http://www.happynightmares.co.uk)

BUY NOW ONLINE OR OVER THE PHONE

☎ **08453 709709**

OR VISIT ONE OF OUR WAREHOUSES

**LONDON**

**HARLOW**

**020 7247 1581**

**01279 422212**

Unit 67/68 Vallance Road,  
Whitechapel, London E1 5BW

Unit C, St James Centre,  
East Road, Harlow CM20 2SX  
(Behind the Range)

OPEN 7 DAY A WEEK  
EASY PARKING



## Hybrid of good causes

Hybrid charity shop on Roman Road offers free legal advice to customers as well as selling quality clothes and accessories.

SEE BELOW

## News



A volunteer works on the shop window display at Hybrid

## Legal help at charity shop

**A NEW charity shop in Roman Road has a second string to its bow – free legal advice.**

Visitors to Hybrid at 593 Roman Road will be able to talk to student and qualified lawyers, as well as shop for clothes and accessories.

Opened on April 2, and funded by the Tudor Trust, the shop is supported by those who donate or buy goods and run by volunteers including law students and corporate partners.

Project director Eddie Coppinger told East End Life that it is becoming increasingly difficult for independent advice organisations to keep their doors open.

He said: "There is a clear need to expand the

funding base of such organisations, and to involve users in helping to sustain such services."

Mr Coppinger said the shop had multiple benefits, including promoting green values by recycling, providing shoppers with affordable, quality goods and offering a social enterprise to serve the common good.

He added: "It will help to tap into the latent strengths of our local community. It will also serve as a donation point for quality goods provided to us from City lawyers, who we have long-standing pro bono partnerships with."

Hybrid opens from 12noon-5pm on weekdays except Wednesday and 10.30am-5pm on Saturdays and welcomes donated goods.

## GP group earns £33m contract

BY JESSICA ODUBAYO

**A NEW £33 million contract has been drawn up for the provision of community health services in the borough.**

Tower Hamlets GP Care Group, a community interest company comprising 37 practices, has won the bid for the contract awarded by NHS Tower Hamlets Clinical Commissioning Group (CCG).

It will see GPs working with hospital trusts, the council and patients with the aim of

offering more joined-up community health services.

The award follows more than two years of consultation during which health watchdogs and voluntary organisations worked with the CCG, bringing together patients, independent clinicians and potential providers, to design services that meet the needs of the community.

Dr Phil Bennett-Richards, chair of the group, said that while many community health services would stay the same, there would be new developments.

He said: "We will be

introducing a single point of access for all community health services, so we can maximise the potential for care to be organised more coherently.

"This will make sure people get the right care at the right time, and have just one assessment, instead of having to repeat information and tests every time you see a GP, an occupational therapist or a chiropodist, for example."

Formal contracts are due to be signed by July 1 and services will be phased in from October.





## Sad loss to the East End

After a lifetime of doing a proper job – as a classroom teacher in the East End – she retired. And did it all over again, as one of the Labour Party’s hardest working MPs.

SEE BELOW

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# An MP of passion and principle

**Mildred Gordon, MP for Bow and Poplar, was a thorn in the side of both Tory and Labour politicians**

BY JOHN RENNIE

**THEY don’t really make MPs like Mildred Gordon anymore.**

In an age where we complain that MPs have “never had proper jobs” before they ease their well-upholstered bottoms on to the green leather of the Commons benches, Gordon would be a throwback.

After a lifetime of doing a proper job – as a classroom teacher in the East End – she retired. And did it all over again, as one of the Labour Party’s hardest working MPs, both in the House and in her constituency of Bow and Poplar.

Mildred Fellerman was born on August 24, 1923, one of two daughters of Dora and Judah, both of Dutch Jewish descent, her mum from a family of 12 children, her father one of nine. Both Judah and his father scraped a living running stalls on Watney Market.

A childhood growing up amid poverty prompts some people to want to escape; in Mildred it stirred a determination to fight for change. The family lived on the Highway and, when she was four, the whole clan turned out to witness the Battle of Cable Street, as Oswald Mosley’s Blackshirts were repelled as they attempted to march through the East End.

And politics was in the blood. Judah became a local councillor, but while he was fighting for his constituents, his own life was also unravelling. His daughter saw him, eventually, break down in tears after weeks of failing to find work during the depression of the early 1930s.

Mildred herself needed dental treatment, and was given a list of potential donors to whom she could write begging letters. She refused, electing instead to save the money... it took eight years.

She took a conventional route out of poverty, winning a place to Raine’s Foundation School and then on to Pitman’s secretarial college. During the Second World War, she was a secretary in a law practice, unsuccessfully arguing that she should be released to join the army.

Instead, she signed up as an air raid warden. Years later she joked that working all day and staying up all night was good practice for being an MP – the all-night



**Above: Mildred Gordon, who died on April 8**

sittings of MPs are, in 2016, a memory, thanks in great part to the increase in number of female MPs, who argued that members should have a family life, as well as a job.

After the war she trained again, becoming a teacher, with her first post at Nicholas Gibson School, back on Stepney’s Highway.

She had been a member of the Labour Party since the age of 16 and always sat on the left of the party. In 1948, she married her first husband, Sam Gordon, in Reno, Nevada. He was an American merchant seaman when they met, but became an active trade unionist and a member of the Trotskyist Fourth International.

These were dangerous politics in America’s McCarthy era and, in 1952, after the couple had returned to London to visit her family, Sam’s passport was taken away, effectively exiling him from the US. The pair set up home in London.

Sam died in 1982 and, in 1985, Mildred married again, to Nils Kaare Dahl, another left-wing activist and member of the Norwegian military, who had been Trotsky’s bodyguard during the Communist leader’s exile in Norway in 1934. Trotsky was being hunted by Stalin’s state assassins, who would eventually get their man in Mexico, six years later.

Gordon was one of those characters with seemingly limitless supplies of energy and time. During her marriage to Dahl,

she continued to teach, served as a school governor, was on the board of Hackney College, taught typewriting, and visited Holloway Prison to help retrain inmates. And politics was always there: she was an adviser on older women to Ken Livingstone, during his leadership of the Greater London Council (GLC).

She retired from teaching in 1985, and promptly took up another career, though her ascent was far from seamless.

She had failed to secure election to Hendon Council, the GLC and the European Parliament in the preceding years but, having joined the executive of the London Labour Party in 1983, won the Labour nomination for Bow and Poplar for the 1987 election.

And despite the dominance of the Liberals, who had won Tower Hamlets Council in 1986, she landed the seat for Labour the following year, with a 4,000 majority.

Her maiden speech epitomised her concerns. “The mark of a civilised society is that it is one in which people can expect to be decently housed and clothed, to have enough to eat and to have access to healthcare and to education for their children,” she argued.

A browse through Gordon’s contributions to debates in the House of Commons illustrates her passionate obsessions. She was an active and combative parliamentarian... and much as she took the Tories to task, she was equally prepared to be

a thorn in the side of Labour ministers.

In 1996 alone, she stood in the Commons to speak about the South Quay bomb (ever with an eye for history, she bemoaned the fact that many of her constituents were Irish themselves, and had endured quite enough bombing during the Blitz).

She stood to take a health minister to task, attacking reduced funding for the East London and City Health Authority and the fact that 375 children aged between five and 11 would now be refused speech therapy.

She presented a petition signed by nearly 4,000 Londoners (most of them from the East End) to erect a memorial; bemoaned a move to cut the level of income support to absent parents; and questioned the increasing trend to treat all mental illness in the elderly as dementia.

And there is more, much more. Gordon was far from content to keep her seat on the benches warm for a younger, more malleable member, in tune with the leadership message. Gordon certainly welcomed the increase of female MPs in the 1997 intake, but she was never going to be a Blair Babe.

And in an era of faceless MPs, who make their maiden speeches and then concentrate on the real business of securing themselves useful contacts and directorships, Mildred was, to the Labour leadership, continuously and irritatingly present, speaking dozens of times during her tenure.

She was hailed on the Left as “a lifelong class fighter against capitalism and against the reformist Labour leadership”, but that of course was always going to put her at odds with those at the top of the party.

The then leader, John Smith, resisted concerted (and sometimes mischievous) pressure to put a woman who had been summonsed for refusing to pay the poll tax in his shadow cabinet.

Many had expected her to merely serve one term in Bow and Poplar but she stood again, and won again, in 1992. Perhaps the only way to remove her was to remove her seat.

For the 1997 general election, her seat was abolished, and Gordon wasn’t selected for either of the successor seats, with Jim Fitzpatrick winning Poplar and Canning Town, while Oona King was selected and elected for Bethnal Green and Bow.

Her career was not, of course, over. In ‘retirement’ she joined the committee of the Greater London Forum for the Elderly.

She died on April 8 and is survived by a son and a grandchild.

“The mark of a civilised society... people can expect to be decently housed and clothed, have enough to eat and have access to health and education.”

Mildred Gordon



# Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



# পার্ক ও খোলা স্থান সমূহের উন্নয়নে মতামত দিন

টাওয়ার হ্যামলেটস কাউন্সিল বারার পার্ক ও খোলা স্থানসমূহ উন্নয়নে ওপেন স্পেস স্ট্র্যাটেজি পর্যালোচনার উদ্যোগ নিয়েছে, এজন্যে একটি নিরপেক্ষ অডিট করানোর উদ্যোগ নিয়েছে কাউন্সিল। জাতীয় ও লন্ডনভিত্তিক প্ল্যানিং পলিসির আওতায় এটা করাতে হবে এবং জাতীয়ভাবে স্বীকৃত পদ্ধতিতে এটি করা হবে। বিস্তারিত পড়ুন নিচে –

HELP SHAPE THE FUTURE OF PARKS AND OPEN SPACES

## Harmony

# Ladagaalanka cudurka Ebola

## Scientist honoured for battling Ebola – see issue 1099

**SAYNISYAHAN ka shaqay-nayey Royal London Hos-pital, ayaa ka mid ah koox saynisyahano ‘geesiyaal’ ah oo dagaal kula jira cudurka Ebola oo Africa kusii fidaya.**

Xosé Couto Parada, oo ka shaqeeya xarunta lagu baadhdo jeermiska ee isbitaalka London, ayaa wuxu u socdaalay wadanka Sierra Leone markii xanuunku ku faafay, si uu wax uga ogaado nooca jeermiska faafaya. Wadan-ka Sierra Leone waxa cudurka Ebola u dhintay 3,955 qof, waxana xanuunku saameeyey 600 qof todobaadkiiba.

Mr Parada wuxuna hogaam-inayey koox shaqadeedu ahayd inay tijaabiyaan dhiigaga dadka la filayey inuu cudurka Ebola saameeyey, oo ay ku jiraan dad-ka dhintay. Wuxu sidoo kale caawiyey hubinta sida tijaa-booyinka loo qaado, si goobaha

baadhista lagu samaynayaa u noqdaan kuwo badbaadsan, iyo in la gaadhsiyo qalabka asaasiga ah wadanka oo dhan si loo helo laba shaybaadh kale oo shaqaynaya.

Mr Parada ayaa wuxu sharax-ay: “Iskaa wax u qabsadu waa go,aan aniga ii gaar ah. Waxaan ku fikiray, ‘Inaan leeyahay xirfad aan ku tabaruci karo si aan u baadhdo Ebola, dadka halkaa ka shaqaynaya ku ilaalin karo, nafa-hoodana ku badbaadin karo.’

“Niyad adayga dadka Afrikada Galbeed ee ku saabsan cid-hibtirka Ebola, iyo inay hore u socdaan waa fikrad fiican.

“Dadku way shaqaynayaan, meelaha ganacsigu way furan yihiin, sidaa darteed qof kas-taaba wuxu heli karaa cunto uu cuno, darawaladuna waxay nafahooda khatar u gelinayaan inay geeyaan qalabka asaasiga ah wadanka oo dhan.

“Dhacdooyinkan aan xusay ayay cajiib ku yihiin dadka aan kusoo arkay Sierra Leone; wax-aanan ku tilmaami karaa geesiyaal.”

Mr Parada wuxu ka mid ya-hay 3000, qof oo ingiriiska u dhashay oo la gudoonsiiyey bi-lada Ebola – oo loogu talo galay in lagu xusuusto dadka ka qayb qaatay xalinta dhibaatan. Mr Parada iyo inta kale ee u shaqeeya Barts Health Trust, waxaa la gudoonsiiyey bilada-hooda xilli sanadeedkii abaal-marinada geesiyaasha Barts Health ee la qabtay sanadkan horaantiisii.

Mr Parada: “Ayaa wuxu hadalkiisa ku daray waan ku faraxsanahay firsada aan helay ee aan dadka ku caawiyey iyo inaan qayb ka noqdo jawaabta aan nooceeda hore loo arag ee dunida oo dhami ka bixisay dhacdadan.”

# Shirkad loo xilsaaray naqshad samaynta xarun cusub

Architect appointed to run Civic Centre development – 1099

**COUNCILKU wuxu maga-caabay shirkad samaysa naqshadaha inay maa-musho dib-udhiska goobtii uu ahaan jirey isbitaalkii hore ee Royal London oo noqonaya xarun cusub oo councilku yeelanayo.**

Shirkad caalami ah, oo lagu magacaabo Allford Hall Mon-aghan Morris, ayaa loo doortay inay hogaamiso latashiyada iyo naqshada mashruuc ay ku baxayso lacag dhan £77 milyan.

Bishii Noofambar ee la soo dhaafay, waxa councilku ogo-laaday in la dhiso xarun dawlad hoose yeelanayso oo ah heerka labaad ee dhismayaasha Whitechapel. Mashruuca waxa kale oo ka mid ah dib-uhabayn

lagu samaynayo John Onslow House oo ku yaala Roman Road, oo sidoo kale shirkadani maamulayso.

Allford Hall Monaghan Mor-ris, waa shirkad ka mid ah shirkadaha ugu horeeya naqshad samaynta, iyo khibrada dhismayaasha xafiisyada waaweyn leh, dawlada hoose, waxbarshada, daryeelka caafi-maadka iyo qurxinta dhis-mayaasha. Shirkadani waxay ku guulaysatay dhawr abaal-marinoood oo naqshadaynta ah, waxana ka mid ahaa RIBA Stir-ling Prize 2015 oo lagu qabtay Burntwood iskuul oo ku yaala Wandsworth.

Xaruntan bar kulanka ahi waxay qayb muhiim ah ka tahay, dib u dhis lagu samay-

nayo Whitechapel 10ka sanadood ee soo socda oo ay ka mid yihiin, tareenka Crossrail oo furmaya 2018, oo ay barbar socoto dhiska 3,500 guri, abu-uritaanka 5,000 shaqo, dukaamo cusub iyo meelo dad-weynuhu ku nasan karaan.

Intii aan shirkadan loo xulan inay hawshan fuliso, waxa jirey hab tartan ah oo in ka badan 100 shirkadood ay muujiyen inay xiisanayaan inay fuliyaan mashruucan.

Waxa xulashadii isugu soo baxay 23 shirkadood, waxana lagasii doortay lix shirkadood oo qandaraasyadii ku guu-laystay.

Dhismaha waxa la qor-sheeyey inuu dhamaystirmo dhamaadka 2021.

## Double the fun in Tower Hamlets for St George’s Day and the Queen’s 90th birthday – see pages 10 & 11



The fun day at the V&A Museum of Childhood and the Queen’s tea dance in Mile End

# টাওয়ার হ্যামলেটসে পালিত হলো সেন্ট জর্জেস্ ডে এবং রাণীর ৯০ তম জন্মদিন

টাওয়ার হ্যামলেটস্ কাউন্সিল নানা আনুষ্ঠানিক-তার মধ্য দিয়ে উদযাপন করে জাতীয় দিবস সেন্ট জর্জেস্ ডে এবং রাণীর ৯০তম জন্মদিন।

২০ এপ্রিল বুধবার মাইল এন্ড পার্কের আর্টস প্যাভিলিয়নে অনুষ্ঠিত হয় ডাস লিডার টনি লেন এর তত্ত্বাবধানে পঞ্চাশোর্ধদের জন্য টি ডাস। ডিস্ট্রিক্ট স্টাইল জাজ এন্ড সুইং ব্যান্ড দ্যা সানশাইন কিং সুরের মুহূর্তে মাতিয়ে তুলেন টি ডাস এ যোগ দিতে আসা বাসিন্দাদের। টাওয়ার হ্যামলেটস্ কাউন্সিলের চীফ

এক্সিকিউটিভ উইল টাকলিও যোগ দিয়েছিলেন এই অনুষ্ঠানে।

তিনি বলেন, স্থানীয় বাসিন্দাদের আনন্দ বিনোদনের সাথে বিশেষ দিবস উদযাপনের সুযোগ করে দিতে এই আয়োজন দেখে আমি খুবই সন্তুষ্ট। যে সকল বাসিন্দার সাথে আমার কথা হয়েছে, তারা বলেছেন, তারা খুবই আনন্দিত। টাওয়ার হ্যামলেটস্ কাউন্সিলের পক্ষ থেকে আমরা হার ম্যাজেস্টি রাণী দ্বিতীয় এলিজাবেথকে জন্মদিনের শুভেচ্ছা জানাচ্ছি।

এদিকে সেন্ট জর্জেস্ ডে উদযাপন উপলক্ষে ২৩ এপ্রিল শনিবার বেথনাল গ্রীণের ডিএন্ডএ মিউজিয়াম অব চাইল্ডহুড এ মঞ্চায়িত হয় পুরনো দিনের আদলে মেরি মেকিং, এতে ২ হাজার ৫ শতাধিক মানুষ যোগ দেন।

এই ইভেন্টের মধ্যে ছিলো ঐতিহ্যবাহী ইংলিশ লোকসঙ্গীত, যা পরিবেশন করে ট্রেড একাডেমি। পাশাপাশি ছিলো বিগ ব্যান্ড সাউন অব বেকনট্রি ব্রাস ব্যান্ড এর পরিবেশনা ও হেকনি ভয়েস এর দলীয় কোরাস।

# পার্ক ও খোলা স্থান সমূহের উন্নয়নে মতামত দিন

Help shape the future of parks and open spaces

টাওয়ার হ্যামলেটস্ কাউন্সিল বারার পার্ক ও খোলা স্থানসমূহ উন্নয়নে ওপেন স্পেস স্ট্র্যাটেজি পর্যালোচনার উদ্যোগ নিয়েছে, এজন্যে একটি নিরপেক্ষ অডিট করানোর উদ্যোগ নিয়েছে কাউন্সিল। জাতীয় ও লন্ডনভিত্তিক প্ল্যানিং পলিসির আওতায় এটা করাতে হবে এবং জাতীয়ভাবে স্বীকৃত পদ্ধতিতে এটি করা হবে।

বারার খোলা স্থানগুলো যেন এখানকার বাসিন্দাদের প্রয়োজন মেটাতে সক্ষম হয়, সেটা কাউন্সিলের ওপেন স্পেস স্ট্র্যাটেজির লক্ষ্য। এই স্ট্র্যাটেজির মাধ্যমে এটা নিশ্চিত করার উদ্যোগও নেয়া হয়, যেন খোলা স্থানগুলোতে বিভিন্ন প্রয়োজনীয় সুবিধার এমন ব্যবস্থা রাখা, যেন, এই বারার বাসিন্দা বা এখানে কর্মরত সকলের জীবন মানের গুণগত উন্নয়ন ঘটে।

কনসালটেশনে অংশ নিয়ে নিজ নিজ মতামত দেয়ার জন্যে বারার বাসিন্দাদের আমন্ত্রণ জানানো হবে। ফলে ইন্টিগ্রেটেড অডিট আরও বেশি স্থানীয় অভিজ্ঞতা সম্পর্কে জানতে সক্ষম হবে। কনসালটেশনের অংশ হিসেবে থাকবে



Altab Ali Park in Whitechapel

ওয়ার্কশপ ও ড্রপ ইন সেশন।

বর্তমানের খোলা স্থানসমূহের উন্নয়নে প্রয়োজনীয় পদক্ষেপ নেয়া ও আরও নতুন খোলা স্থান গড়ে তোলার ব্যাপারে কনসাল-টেশনের ফিডব্যাক কাজে লাগানো হবে।

প্রতি বছর কাউন্সিল বারার খোলা স্থানগুলোর উন্নয়নে কাজ করে থাকে এর আওতায় সংস্কার করা হয় প্লে এরিয়া, পার্ক ফারনিচার, চারা

রোপন কাজ ও দিকনির্দেশনাবলী (সাইনেজ) স্থাপন। এ ধরনের সবগুলো উন্নয়ন প্রজেক্টের জন্যে স্থানীয়ভিত্তিক কনসালটেশনের আয়োজন করা হয়ে থাকে।

বেথনাল গ্রীণ গার্ডেনের উন্নয়ন সম্পর্কে মে মাসে একটি পাবলিক মিটিং অনুষ্ঠিত হবে। আরও জানতে ভিজিট করুন: [www.towerhamlets.gov.uk/consultation](http://www.towerhamlets.gov.uk/consultation)





## ৫ মে জিএলএ নির্বাচন

৫ মে বৃহস্পতিবার অনুষ্ঠিত হবে গ্রেটার লন্ডন অথরিটির (জিএলএ) পরবর্তী নির্বাচন। এই নির্বাচনে টাওয়ার হ্যামলেটসের বাসিন্দারা আগামি মেয়ের অব লন্ডন, সিটি এন্ড ইস্ট কন্সটিটিউয়েন্সি এসেম্বলী মেম্বার এবং লন্ডন এসেম্বলী মেম্বারদের নির্বাচিত করতে ভোটাধিকার প্রয়োগ করতে পারবেন। বিস্তারিত পড়ুন নিচে –

GLA ELECTION ON MAY 5

7364 4944

## Harmony

## বৈশাখী মেলা আয়োজনের প্রস্তুতি চলছে পুরোদমে

Mela preparations in full swing – see page 21

বাংলা নব বর্ষ উদযাপনে ইউরোপের সর্ববৃহৎ উৎসব বৈশাখী মেলা এবার ৩১ জুলাই টাওয়ার হ্যামলেটসের বেথনাল গ্রীণের উইভার্স ফিল্ডে অনুষ্ঠিত হবে। বৃহত্তম এই কমিউনিটি ইভেন্ট আয়োজনের যাবতীয় প্রস্তুতি এখন চলছে পুরোদমে।

বৈশাখী মেলা কমিউনিটি ট্রাস্ট (বিএমসিটি) এর সাথে মেলা আয়োজনের চুক্তি বাতিল করে দেয়ার প্রেক্ষিতে কাউন্সিল জনপ্রিয় বার্ষিক এই উৎসব আয়োজনের দায়িত্ব নিজেদের কাছে নিয়ে যায়।

প্রতি বছর অনুষ্ঠিত এই মেলায় সারা দেশ থেকে লক্ষাধিক মানুষ যোগ দেন এই মেলায়। এশীয় সঙ্গীত ও নৃত্যকলার ঐতিহ্যিক ধারা তুলে ধরতে মেলার জন্য আন্তর্জাতিক ও ব্রিটিশ শিল্পীদের সমন্বয়ে আকর্ষণীয় অনুষ্ঠানসূচি সাজানো হচ্ছে।

স্থানীয় শিল্পী ও সাংস্কৃতিক গ্রুপগুলোর জন্যও মেলায় অংশ নেয়ার সুযোগ থাকছে।

নাচ গানের পাশাপাশি থাকবে আনন্দ বিনোদনের নানা আয়োজন। থাকবে স্বাস্থ্য



Youngsters enjoy the mela parade

সম্মত খাবার দাবারের ব্যাপারে জনগণকে অনুপ্রাণিত করতে বিশেষ ফ্যামিলি জোন। শিশু কিশোরদের জন্য থাকবে আর্টস এন্ড ক্রাফটস্ ওয়ার্কশপ। আরো থাকবে ক্রিকেট,

ক্যারাম বোর্ড, হাড্ডু খেলা, বডি এমগুটি ও স্বাস্থ্য পরীক্ষার সুযোগ। এছাড়া বাচ্চাদের জন্য ফানফেয়ার, মুখরোচক খাবার দাবার এবং নানা পণ্যের অসংখ্য স্টল থাকবে মেলায়।

## এপ্রেন্টিসশিপ...কাজের আনন্দ আছে, ঋণের দায় নেই

### Job satisfaction... and no debts

ন্যাশনাল এপ্রেন্টিসশিপ সন্ধ্যা পালনকালে বারার বাসিন্দাদের জন্য সুযোগ সৃষ্টির লক্ষ্যে টাওয়ার হ্যামলেটস কাউন্সিলের অঙ্গীকার অব্যাহত থেকেছে।

এই সন্ধ্যা পালনের মূল উদ্দেশ্য ছিলো, ছোট ও মাঝারি সাইজের যে সব কোম্পানী নিজেদের কাজের পরিধি বাড়াতে আগ্রহী, এপ্রেন্টিসশিপ কিভাবে তাদের জন্য সহায়ক হতে পারে, সে বার্তা তাদের কাছে পৌঁছে দেয়া।

কাউন্সিল নিজস্ব এপ্রেন্টিসশিপের মাধ্যমে কয়েক শ’ তরুণের কাজ পাওয়ার ব্যাপারে

সাহায্য করেছে। এমনি একজন হচ্ছেন চেজনী মনরোজ।

তিনি কাউন্সিলের লেভেল ২ এপ্রেন্টিসশিপের জন্যে আবেদন করে সফল হন। পরে তিনি কাউন্সিলের লেভেল ৩ এপ্রেন্টিসশিপও সম্পন্ন করেন।

কঠোর পরিশ্রম ও অঙ্গীকারের মাধ্যমে চেজনী কাউন্সিলের এমপ্লয়মেন্ট এন্ড স্কিলস সেক্টরে কনটাক্ট সেন্টার এডভাইজার হিসেবে স্থায়ী কাজ পেতে সক্ষম হন।

নিজের অভিজ্ঞতা সম্পর্কে বলতে গিয়ে চেজনী বলেনঃ আমার সবচেয়ে বড় অর্জন

কাউন্সিলের এপ্রেন্টিসশিপ কোর্সে অংশ নেয়ার সুযোগ লাভ। বিভিন্ন কাজের অভিজ্ঞতা আমার হয়েছে। ফলে মনমতো কাজ বেছে নেয়ার সুযোগ পেয়েছি।

আমি কোয়ালিফিকেশন অর্জন করেছি, সেই সাথে ইউনিভারসিটিতে পড়তে গেলে যে বিপুল ঋণের দায়ে পড়তাম, সেটা থেকেও মুক্ত থেকেছি।

এপ্রেন্টিসশিপ সম্পর্কে জানতে কল করুনঃ ৭৩৬৪ ২২৪৬ অথবা ইমেইল করুন [apprenticeships@towerhamlets.gov.uk](mailto:apprenticeships@towerhamlets.gov.uk)

### News in brief

#### ৫ মে জিএলএ নির্বাচন

৫ মে বৃহস্পতিবার অনুষ্ঠিত হতে যাচ্ছে গ্রেটার লন্ডন অথরিটির (জিএলএ) পরবর্তী নির্বাচন। এই নির্বাচনে টাওয়ার হ্যামলেটসের বাসিন্দারা আগামি মেয়ের অব লন্ডন, সিটি এন্ড ইস্ট কন্সটিটিউয়েন্সি এসেম্বলী মেম্বার এবং লন্ডন এসেম্বলী মেম্বারদের নির্বাচিত করতে ভোটাধিকার প্রয়োগ করতে পারবেন।

ভোট দেয়ার জন্যে যারা রেজিস্টার্ড হয়েছেন, তাদের প্রত্যেকেই কখন, কোথায় ও কিভাবে ভোট দিতে হবে তার বিস্তারিত সহ পোল কার্ড পাবেন।

আপনার জন্যে নির্দিষ্ট পোলিং স্টেশনে যাবার পর আপনার পুরো নাম–ঠিকানা জানতে চাওয়া হবে। রেজিস্টারে আপনার নাম–ঠিকানা রয়েছে, স্টাফরা তা নিশ্চিত হয়ে তিনটি ব্যালট পেপার আপনাকে দেবেনঃ মেয়র (পিঙ্ক), কন্সটিটিউয়েন্সি (হিয়েলো) ও এসেম্বলী (অরেঞ্জ)। ব্যালট পেপার পূরণের নিয়ম বুঝতে সাহায্যের প্রয়োজন হলে স্টাফরা আপনাকে সাহায্য করবেন।

আপনার ভোট দেয়ার অধিকার সুরক্ষায় নিচের পদ্ধতিসমূহ অনুসরণ করতে পারেনঃ

- নির্দিষ্ট একটি মত অনুসারে ভোট দেয়ার জন্যে আপনার ওপর কাউকে চাপ দিতে দেবেন না।

- পোলিং স্টেশনে ভোট দিতে গেলে ব্যালট পেপার সংগ্রহের পর পোলিং বুথে গিয়ে গোপনীয়তার সাথে ভোট দিন।

- আর কাউকে আপনার ব্যালট পেপার স্পর্শ করতে দেবেন না এবং আপনার সাথে অন্য কাউকে পোলিং বুথে যেতে দেবেন না।

- আপনি পোস্টাল ভোটার হলে পোস্টাল ভোটিং স্টেটমেন্ট ও ব্যালট পেপার নিজে পূরণ করুন এবং প্রদত্ত বি এনভেলোপে ভরে তা পোস্ট করুন।
- কোন অবস্থাতেই আপনার পক্ষে পূরণ করার জন্যে পোস্টাল ভোটিং স্টেটমেন্ট ও ব্যালট পেপার আর কারও কাছে দেবেন না।

- একজন আরেকজনের ব্যালট পেপার সংগ্রহ করলে তা নির্বাচনী অপরাধ বলে গণ্য হবে। এই নির্বাচন সম্পর্কে আরও জানতে হলে ভিজিট করুন: [www.londonelects.org.uk](http://www.londonelects.org.uk)

#### মিনি ম্যারাথনে অংশ নিলো

#### বারার ৩৬ ক্ষুদে দৌড়বিদ

গত ২৪ এপ্রিল রোববার অনুষ্ঠিত ভার্জিন মানি মিনি লন্ডন ম্যারাথনে টাওয়ার হ্যামলেটস বারার ১১ থেকে ১৭ বছর বয়সী ৩৬ জন উদীয়মান দৌড়বিদ অংশ নিয়েছে।

লন্ডনের ৩৩ বারার ১১৮৮ জন ক্ষুদে দৌড়বিদ এই মিনি ম্যারাথনে অংশ নেয়।

প্রতিটি বারা থেকে ৩৬ জন দৌড়বিদ ৬টি গ্রুপে অংশ নেয়। ১৩, ১৫ ও ১৭ বয়স ক্যাটাগরিতে বালক ও বালিকা গ্রুপে অনুষ্ঠিত হয় এই প্রতিযোগিতা।

অনূর্ধ্ব ১৩ গ্রুপে ১৫তম স্থান অধিকার করে টাওয়ার হ্যামলেটসের দ্রুততম বালক টেরি গ্র্যান্ট। আর বালিকাদের অনূর্ধ্ব ১৫ গ্রুপে বারার দ্রুততম বালিকা হয়েছে গ্রেস মিলার।

■ The above story is: GLA election on May 5 – page 3; young runners took part in Mini London Marathon – pages 16 & 17.

## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

## ৪ মে ব্যাপক কর্মসূচির মধ্য দিয়ে

## পালিত হবে আলতাব আলী দিবস

### Altah Ali Day in Tower Hamlets – see page 7

৩৮ বছর আগে হোয়াইটচ্যাপেলে বর্ণবাদী হামলায় নিহত আলতাব আলী স্মরণে চলতি বছরের আলতাব আলী দিবস পালন উপলক্ষে বুধবার ৪ মে টাওয়ার হ্যামলেটসে ব্যাপক কর্মসূচির আয়োজন করা হয়েছে।

এই কর্মসূচিসমূহের মধ্যে রয়েছে, ওই দিন বিকালে আলতাব আলী পার্কে পুষ্পাঞ্জলী অর্পণ, দ্য আলতাব আলী স্টোরি নামে একটি নাটকের মঞ্চায়ণ, প্রদর্শনী ও কবি নজরুল আর্টস সেন্টারের পুনঃউদ্বোধন।

আলতাব আলী পার্কে পুষ্পাঞ্জলি অর্পণ হবে ৪ মে বিকাল ৬টায়। সেখানে কবিতা পাঠের সংক্ষিপ্ত আসরও অনুষ্ঠিত হবে। পরে বিকাল ৬.৪৫ মিনিটে পুনঃউদ্বোধন করা হবে কবি নজরুল সেন্টারের।

নাটক দ্যা আলতাব আলী স্টোরি মঞ্চায়িত হবে হোয়াইটচ্যাপেলের হ্যানবারি স্ট্রিটে অবস্থিত ব্রাডি আর্টস সেন্টারে। বাঙালি

তরুণ প্রজন্মের মধ্যে বাংলা সংস্কৃতি ও ঐতিহ্যের প্রসারে কর্মরত স্বাধীনতা ট্রাস্ট এর মঞ্চায়ন করবে।

স্কুলের ছাত্রছাত্রীদের জন্যে নাটকটির দুটি ফ্রি মঞ্চায়ন অনুষ্ঠিত হবে ৪ মে বুধবার সকাল ১০.৩০ মিনিটে ও দুপুর ২টায়। সর্বসাধারণের জন্যে এর মঞ্চায়ন হবে একই দিন রাত ৮.৪৫ মিনিট। রাতের মঞ্চায়নের জন্যে টিকিটের মূল্যঃ ৮ পাউন্ড/৫ পাউন্ড।

দিনটি পালন উপলক্ষে ব্রাডি আর্টস সেন্টার ও কবি নজরুল সেন্টারে অনুষ্ঠিত হবে চিত্র প্রদর্শনী। এতে তুলে ধরা হবে ১৯৭৮ সালের সেই উত্তাল দিনসমূহ ও এর পরবর্তী সময়ের প্রতিচ্ছবি। স্থানীয় যেসব শিল্পীর চিত্রকর্ম এতে স্থান পাবে, তাঁদের মধ্যে রয়েছেনঃ ড্যান জোন্স, এলিস সীলি, ড্যানিয়েল লামার্শ, ফিল ম্যাক্সওয়েল ও পল ট্রেভার। ফ্রি এই চিত্র প্রদর্শনী অব্যাহত থাকবে শুক্রবার

২০ মে পর্যন্ত।

উল্লেখ্য, হোয়াইটচ্যাপেলের একটি পার্কে ১৯৭৮ সালের ৪ মে আলতাব আলী বর্ণবাদী হামলায় করুণ মৃত্যু বরণ করেন। এই নৃশংস হত্যাকাণ্ডে বিবেকবান মানুষ ক্ষোভে ফুঁসে ওঠেন।

এই ঘটনার প্রেক্ষিতে শুধুমাত্র বাঙালি কমিউনিটি নয়, বৃহত্তর কমিউনিটিসমূহের মধ্যেও বর্ণবাদ বিরোধী তীব্র আন্দোলন গড়ে ওঠে, বিদ্বেষ ও অসহনশীলতার বিরুদ্ধে সোচ্চার হয়ে ওঠেন সর্বস্তরের মানুষ এবং আলতাব আলীর কফিন বহন করে প্রতিবাদী জনতা ডাউনিং স্ট্রিট পর্যন্ত যান এক ঐতিহাসিক মিছিল সহকারে।

এ সম্পর্কে আরও জানতে কিংবা দ্য আলতাব আলী স্টোরি নাটকের টিকিট বুকিং করতে ভিজিট করুনঃ [www.towerhamletsarts.org.uk](http://www.towerhamletsarts.org.uk)

## Tower Hamlets Energy

...bringing residents cheap gas and electricity

Following our energy auction on 2 February 2016, residents who switched saw an average saving of £249.53 per year!

**1** Register with us for free. You're under no obligation to switch energy providers

**2** You then receive a personalised offer outlining any savings that you could make

The next energy auction is on 17 May 2016. Register online by 16 May to see if you can save.

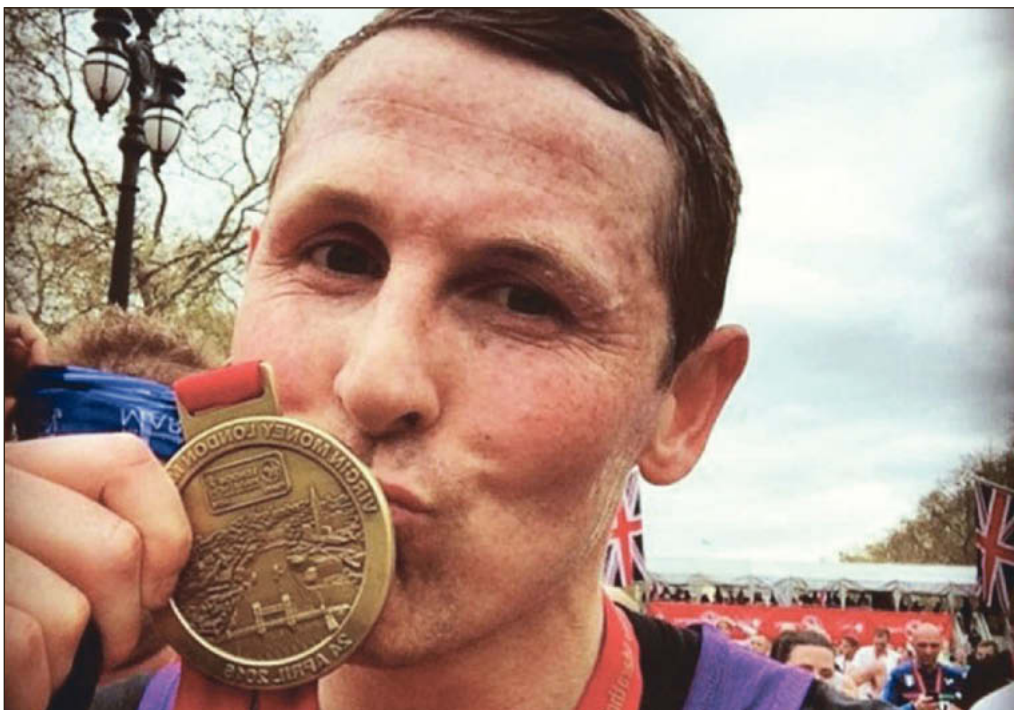
You can also register by calling the Freephone number below.

**0800 508 8364**

[www.towerhamlets.gov.uk/energy](http://www.towerhamlets.gov.uk/energy)

TOWER HAMLETS T.H.E. COMMUNITY POWER





John Haxell of Sir John Cass Red Coat School Stepney finished in under four hours



East End Life's Amanda Ellis, left, runs for her life with a tiger in pursuit

# Keep on running

Charity fundraisers, cheering crowds, council teams who prepared the route, and professional athletes aiming for personal bests were all winners as record numbers took part in this year's Virgin Money London Marathon. **Jessica Odubayo** reports. Photos by **Rehan Jamil**.

**DESPITE the chilly winds, 39,000 runners participated in the 36th London Marathon, marking a major milestone in the history of the event when its one millionth runner crossed the finish line.**

Tower Hamlets plays an important role in hosting the event. The 26-mile course crosses the Thames at Tower Bridge just before half-way and then loops through Mudchute and Docklands before heading west again, along the Highway in Wapping.

Runners also go up to Westferry Circus and along Aspen Way, Poplar, before they reach Poplar High Street at the 19- and 20-mile mark.

Right: Alyson Dixon and Sonia Samuels qualified for the Rio Olympics with impressive runs as the highest placed British female runners

**A group of fun runners start to feel the strain**

Peter Harrison from Bow and Poplar resident Kate Goodfellow were among those who did themselves proud by completing the marathon to raise money for their chosen charities.

Kate set herself a fundraising target of £2,000 for the charity Campaign Against Living Miserably (CALM), which is dedicated to preventing male suicide – but she received a staggering response from supporters and raised £4,558.

After the race, Kate said running the London Marathon in memory of her late father, Wilson, who committed suicide, was worthwhile.

"It was the most amazing day and I

**London put on an incredible show and the support from the crowd surpassed my expectations. It was an experience I will never forget."**

Kate Goodfellow

know my father would have been so proud," said the 29-year-old solicitor, who lives on the Burdett Estate.

"I was lucky enough to have lots of friends and family on the course so it made my five hours and nine minutes of running all the more bearable.

"London put on an incredible show and the support from the crowd surpassed my expectations. It was an experience I will never forget.

She added: "My father committed suicide in 2007 after struggling with alcoholism and depression and charities like CALM are now helping prevent people taking the same route."

Peter was among a team of 21 from St Joseph's Hospice in Hackney. The runners raised more than £60,000.

Proudly wearing their hospice vests, the

competitors were cheered on by staff, volunteers and supporters at a noisy checkpoint on Commercial Road in Stepney.

St Joseph's director of fundraising Sarah Thompson said: "There was such a great

atmosphere and all the runners really deserved their medals, they were amazing."

East End Life staff Amanda Ellis and Kois Miah ran in aid of international relief organisation INARA, which provides life saving medical treatment for injured children in areas affected by war, raising £2,500 in the process.

Kois, who grew up in Wapping, has photographed the marathon many times for East End Life, but said it was a lifelong ambition to take part.

He said: "During the marathon, it was great to hear people call out my name. It gave me a real boost.

"Seeing characters such as Spiderman, Karaoke Man and Batman, some who were







One of the 21-strong team running for St Joseph's Hospice, Hackney



Kate Goodfellow who ran on behalf of CALM



not as physically able, battling through to the finish was really inspiring. "Coming over Tower Bridge felt surreal as I've always wanted to do that. Meeting my family on the Highway in Wapping, just after the halfway mark, was brilliant. My only regret was not catching 'mankini man' for a selfie."

Amanda said: "The atmosphere was astonishing – if you have your name on your T-shirt, hundreds of people tell you that you're 'doing amazing', even when you're at mile 22 and practically crawling.

"It really makes a huge difference to have that kind of support. And after about halfway, whenever I saw one of my friends or family, I just burst into tears.

"I loved it up to mile 18, and the last mile was wonderful, but the bit in between... not so much!"

Although he only started training four months before the big day John Haxell, assistant head teacher at Sir John Cass Red Coat school in Stepney, completed the marathon in under four hours and raised £1,650 for charity Deaf Blind UK.

John said: "After four months of injury free training, I managed to pick up a nasty calf injury the week before the marathon and I was worried I wouldn't even get to the start line.

"It gives me great satisfaction to know that my hard work and training has encouraged friends, family and colleagues to raise money for such a great cause."

A spokesperson for Deaf Blind UK, which supports people who have a combined sight and hearing loss, said: "We're really proud of John and so grateful he chose us to raise awareness and fundraise for."

Ahead of the day, council staff helped make sure the 11 miles of the 26.2-mile course in Tower Hamlets were in tip-top shape for the big event.

The council inspected roads and pavements, and repaired broken railings, potholes and uneven paving, which could cause injury to runners or spectators.

And, on the day, teams worked from 4am to make sure traffic management went smoothly. This included putting around 2,000 cones in position and organising road closures and diversions.

The council's highways maintenance contractor also conducted a final inspection of the route on Saturday night.



Far left: Runners dig deep at the Isle of Dogs

Winner of the elite men's race, Eliud Kipchoge (left)



East End Life photographer Kois Miah celebrates outside the Tower of London

# Youngsters run mini marathon

**THIRTY-SIX young runners from Tower Hamlets, aged between 11 and 17, took part in the Virgin Money Mini London Marathon on Sunday, April 24, ahead of the main race.**

The event saw 1,188 runners from across all 33 London boroughs race for the best time along the last three miles of the main route.

Each borough provided 36 runners for the race, divided into six teams: boys and girls competing in the under-13, U15, and U17 categories respectively.

Tower Hamlets' fastest boy, Trey Grant, finished 15th in the boys' U13 race, with a time of 17:35.

The borough's fastest girl, Grace Miller, finished 31st in the girls U15 race, with a time of 19:24.

Many of the competitors train all year round with Victoria Park Harriers & Tower Hamlets Athletics Club.

Mini London Marathon contestant Hannah Long proudly displays her medal on completion





A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

Meetings

Monday, May 9

7.15pm: Overview & scrutiny committee

For details call David Knight on 7364 4878 or email [david.knight@towerhamlets.gov.uk](mailto:david.knight@towerhamlets.gov.uk)

Tuesday, May 10

5.30pm: Cabinet.

For details call Matthew Mannion on 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

Thursday, May 12

2pm: Licensing sub-committee

For details call Simmi Yesmin on 7364 4120 or email [simmi.yesmin@towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

7pm: Strategic development committee

For details call Zoe Folley on 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system as part of its plan to reduce welfare dependency. If you are a resident who is not in work or have low income, you may be affected. The impact of these changes could be significant and you should act now to prepare for the changes. To find out more, visit [www.gov.uk](http://www.gov.uk) or call 0800 506 506.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1W

Reardon House, Reardon Street – replacement timber front entrance doors to flats.

E1

114 Vallance Road – single-storey rear extension at first floor level for gym use.  
133-137 Whitechapel High Street – details of construction management plan of planning permission, ref: PA/15/03343.  
Holland Estate, Commercial Street – details of ventilation of planning permission, ref: PA/08/02347.  
9 Callaghan Cottages, Lindley Street – single-storey rear extension with pitched roof.  
Ring House, Sage Street – replacement timber front

entrance doors to flats.

E2

Flat 5, 4 Minerva Street – details of samples of planning permission, ref: PA/15/03368.  
63 Redchurch Street – conversion of one-bed duplex flat at first and second floor to one-bed flat and two-bed duplex flat, including roof and rear extensions.

E3

629-631 Roman Road – details of written scheme of investigation of planning permission, ref: PA/15/02869.  
Former gasworks site, Bow Common Lane, Bow Common – screening opinion as to whether an environmental impact assessment is required

for the demolition of two collapsed gasholders and outbuildings.

E14

City Pride Public House, 15 Westferry Road – minor amendments to internal layout of amenity pavilion and basement levels.  
Site bounded by Limehouse Cut and St Annes Row and Commercial Road, St Anne Street – details of reed rafts of planning permission, ref: PA/14/02310.

This is not a definitive list of current planning applications.

For more go to [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) and click on Planning & Building.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 [www.compass-uk.org](http://www.compass-uk.org)

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 [www.rapt.org.uk](http://www.rapt.org.uk)

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Voluntary groups welcome strategy

BY SUSAN MULLIGAN

A NEW Voluntary and Community Sector (VCS) strategy has been agreed in Tower Hamlets.

The strategy, which sets out the council's commitment to support and work with the borough's voluntary and community sector, was agreed at a meeting of the council's cabinet on April 5.

The strategy was developed following consultation with representatives from Tower Hamlets Council for Voluntary

Service (THCVS), local charities, and resident and community groups.

It sets out council priorities and objectives and the actions that will be taken to deliver these priorities.

The council will now work with the voluntary and community sector to deliver services.

Kirsty Cornell, chief executive of THCVS, said: "We're really pleased that the strategy recognises the important contribution the voluntary and community sector makes in

Tower Hamlets and the valuable work the sector does in the borough.

"What has been set out, after consultation, is a good framework for the sector and the council to work in partnership to meet the challenges and difficulties both sides will be facing."

Council chief executive Will Tuckley said: "Working together will help us harness opportunities and better meet the needs of our residents, despite the wider challenges that we all face."

Online Services | Contact Us | News & Events

Apply for it | Pay it | Report it | Request it | Sign up

Navigate the site | Enter Keywords | Search

Mayor of London & London Assembly Election

THURSDAY 5 MAY 2016

Latest news: May 2016 elections, London Marathon, Funding for royal knees, Liff, News update

Popular pages: Council tax, Parking, Recycling and waste, Planning

Council meetings: Check the calendar to find out about upcoming council and committee meetings.

Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Need professional help with your Accounting and Tax?

From Tax, VAT to Accounts preparation, Payroll and Bookkeeping services, we make sure your finances are one less thing for you to worry about.

For reliable service with a personal touch contact us today.

Suite 6, Ground Floor  
47 Vallance Road, Whitechapel, London E1 5AB  
M: 07976 767856 T: 020 7426 5464  
[abdullah@trustaccountancy.co.uk](mailto:abdullah@trustaccountancy.co.uk)  
[www.trustaccountancy.co.uk](http://www.trustaccountancy.co.uk)

Trust Accountancy UK

Aunt Molly's

VINTAGE CLOTHING BOUTIQUE IN EAST LONDON

Selling men's & ladies classic vintage lines  
10% discount on production of this advert

434 Roman Road, Bow, London E3 5LU  
[lisaions21@gmail.com](mailto:lisaions21@gmail.com)  
telephone 020 3022 5413

COREY HOMEWARE

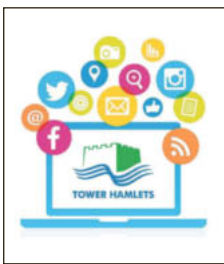
New Furniture and Homeware Boutique in East London

STOCKING NEW AND UP CYCLED FURNITURE

- lights ● lamps and home accessories
- soy candles ● rugs and cushions

● 459 Roman Road London E3 5LX ●  
email: [corey@coreyhomeware.co.uk](mailto:corey@coreyhomeware.co.uk) | telephone: 020 8983 4166





## Sign up for news and more

Want local news and offers sent straight to your inbox? Residents and businesses can register today for up-to-date service information and more from the council.

[WWW.TOWERHAMLETS.GOV.UK/SIGNUP](http://WWW.TOWERHAMLETS.GOV.UK/SIGNUP)



## Did you get it?

Last edition's picture was a shamrock sculpture in Bethnal Green Walk.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes  
– 7364 5015  
Healthline – 7364 5016  
Anti-Fraud – 0800 528 0294

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice – 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)

**24-hour domestic violence national helpline**

0808 2000 247

**Haven Whitechapel (sexual assault referral centre)**

7247 4787

**Karma Nirvana (Honour Network Helpline)**

0800 5999 247

**Broken Rainbow (LGBT domestic violence)**

0845 260 4460

**Black Women's Health & Family Support**

8980 3503

**Rights of Women**

(legal advice)

7251 6577

**Victim Support Line**

0845 30 30 900

**Victim Support Tower Hamlets**

8555 8254

**NSPCC Child Protection Helpline**

0800 800 5000

**Childline**

0800 1111

**Shelterline**

0808 800 4444

**Respect (for perpetrators)**

0845 122 8609

**Reunite (advice about child abduction)**

0116 2556 234

**Men's Advice Helpline**

0808 8010 327

**Samaritans**

08457 909090

**Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict**

Free service for council tenants and leaseholders. 7702 8305

**Trading standards**

Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead, off Bethnal Green Road, E2  
**Bow & North Poplar** – John Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market Square, Chrisp Street, E14  
**Stepney & Wapping** – Idea Store Watney Market, 260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel Road, E1. 7364 4332  
**Watney Market** – Commercial E1. 7364 4332  
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge Heath Road, E2. 7364 3493  
**Cubitt Town** – Strattondale Street, E14. 7987 3152  
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.  
**Local History Library and Archives** – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

## LEGAL TAXIS

ANDROID

APPLE

Please download the App on your Smart Phones  
For your Taxis and Minicab requirements

## GREEN CITY MINICABS

24 HOUR SERVICE  
TEL: 020 7739 1616  
TEL: 020 7613 3033  
FAX: 020 7729 2471

AIRPORT	SALOON	ESTATE	MPV
LONDON CITY	£17	£20	£25
GATWICK	£48	£55	£70
HEATHROW T1-2-3	£38	£45	£55
HEATHROW T4-5	£40	£48	£60
LUTON	£50	£58	£70
STANSTED	£40	£48	£60

We also do shuttles and other destinations  
Priority & Reliable  
5, 7 & 9 Seaters Available | PCO Licensed

## AUTOMATIC

& Manual Lessons from £15

## PRIVATE DRIVING LESSONS

Instructor mobile:  
**0794 710 9783**

Approved Qualified Instructor  
Pass Plus Available

## 0% COMMISSION RENT GUARANTEE

1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON

- FREE GAS SAFETY & EPC CERTIFICATE
- 1-5 YEAR RENT GUARANTEE
- DEDICATED MANAGEMENT SERVICE
- VETTED PROFESSIONAL TENANTS

CALL FOR A FREE RENTAL VALUATION

**0203 384 2636**

Lettings & Management

## SPEED DRIVING SCHOOL

Why with Speed ?  
Friendly Expert Instruction  
Auto & Manual

**FIRST 5 HOURS FOR £75**

DSA Approved Fully Qualified Instructor  
Call Instructor Direct

**07823 886 170**

[www.speeddrivingschool.co.uk](http://www.speeddrivingschool.co.uk)



## Crossrail's a stage

The Early and Late Bloom arts festivals are looking for local performers to take to the stage at Crossrail Roof Garden.

SEE BELOW



## Artistic movement against knives

Art Against Knives was formed after the unprovoked stabbing of Oliver Hemsley, a 21-year-old student at Central Saint Martins College of Art & Design, which left him wheelchair bound.

WWW.ARTAGAINSTKNIVES.COM

## Out and about

### Shape up outdoors

**PILATES in the Park is a new exercise class for parents and their children to shape up and trim down.**

Dreamed up by local family website [towerhamletsmums.com](http://towerhamletsmums.com) together with fitness expert Laura Williams, the group launches on May 20 at 11.30am.

Mums and dads, together with the little ones, are invited for a weekly dose of Pilates moves, using bands, tubes and their own bodyweight.


You don't need any experience—just take a mat along to Victoria Park to stretch, strengthen and sculpt without the use of any bulky kit.

Sign up for a Tower Hamlets Mums membership card before May 13 for the chance to win three free classes. Places are limited – register by emailing [jo@towerhamletsmums.com](mailto:jo@towerhamletsmums.com)



AFTER a successful pilot festival in 2014, Wilton's Strike! returns with six choreographers showcasing their work. Using this year's theme of memory, the chosen six have been commissioned to develop their work to performance level, with help from professional mentors. They were selected by a board of industry experts, including former Royal Ballet dancer Viviana Durante, Critics Choice award-winner Jonathan Goddard and Lee Smikle, teacher, choreographer, producer and artistic director. As well as being shown in front of a live audience, the performances will be streamed online, with an open Q&A session being held on all three nights.

The festival runs from Tuesday to Thursday, May 3-5 at 8pm. Tickets are free but must be booked in advance. Wilton's Music Hall is in Graces Alley, E1. Call 7702 2789 or visit <http://wiltons.org.uk>



**London Symphony Orchestra**  
LSO Discovery

**Sat 14 May 2016**  
**10.30am–4.30pm**  
**JAZZAMATAZZ!**  
**SINGING DAY**

A day of singing great vocal jazz arrangements of songs like *Blue Skies*, *It don't mean a thing (if it ain't got that swing)*, *Just the way you look tonight* and others. You'll be joined in the afternoon by a jazz trio who will lift your spirits even further. The day culminates in an informal performance.

Whether you sing in a local choir, or haven't sung since school, this is an exciting opportunity to rediscover your hobby or find a new one!

**Tickets £20 including music hire (£15 concessions) + booking fees**

*LSO Sing is generously supported by Sir Sigmund Warburg's Voluntary Settlement*

**020 7638 8891**  
**[lso.co.uk/lsoستلوكس](http://lso.co.uk/lsoستلوكس)**

**LSO St Luke's**

[@lsoستلوكس](https://twitter.com/lsoستلوكس) [f /lsoستلوكس](https://facebook.com/lsoستلوكس) [Iso\\_st\\_lukes](https://instagram.com/lso_st_lukes)



Top: Leva Kuniskis. Above: Pell Ensemble (left) and Dane Hurst (right)

## Arts project aims to tackle violence

BY NATHAN AKEHURST

**AN east London arts group has teamed up with the London College of Fashion to target young people at risk of violent crime.**

The Design+Make project, designed by Art Against Knives, is aimed at young people aged 18-24 who are or have been at risk of violence.

It is open to applications from Tower Hamlets, as well as Hackney and Newham.

The programme offers a

two-week course at college, led by industry professionals and student mentors.

Participants will develop their own designs, build an awareness of business processes and access exclusive training opportunities.

The programme aims to provide young people with the space to make a lasting positive change for themselves and encourage them in to education, employment and training.

It was developed to support those who feel they would

benefit from a hands-on creative opportunity, would like to build new positive networks and/or would benefit from support to prevent re-offending.

Art Against Knives was established by friends of Oliver Hemsley, a student stabbed in Shoreditch in 2008.

Since then it has established partnerships with creative professionals, police and community groups.

Anyone aged 18-24 who is interested should email [hello@artagainstkknives.com](mailto:hello@artagainstkknives.com)





## Party moves to Weavers Fields

The council has taken over the running of this year's celebration of the Bengali New Year, the Baishakhi Mela. It takes place on Sunday, July 31 at Weavers Fields in Bethnal Green.

## Strike hits Wilton's

Wilton's Strike! festival runs from May 3-5 at 8pm. Tickets are free but must be booked. Call 7702 2789 or visit...

[HTTP://WILTONS.ORG.UK](http://wiltons.org.uk)

### Out and about

# Preparations under way for a packed mela programme

BY SHALINA HUSSAIN

**PLANS are underway to stage the largest celebration of the Bengali New Year in Europe – Tower Hamlets' Baishakhi Mela.**

This year's mela will be take place on Sunday, July 31 at Weavers Field in Bethnal Green.

Following the termination of its contract with the Boishakhi Mela Community Trust (BMCT), the council has stepped in to ensure the popular annual event goes ahead.

The mela usually attracts an audience of more than 100,000 from all over the country.

Organisers will produce a programme



Dancers will be one of the attractions at this year's Baishakhi Mela

of international and British artists that reflects the very best of Asian music and dance.

There will also be a substantial contribution by local artists and cultural groups.

In addition to a live music programme there will be a family zone with a focus on fun activity and healthy eating.

Young people can get creative at arts and crafts workshops and join the sports activities on offer.

Activities will include cricket, carrom, kabbadi and health checks.

For thrill seekers, there will be a range of funfair rides.

For foodies and shopaholics there will be a mela market, where you can buy snacks, meals and drinks, as well as traditional clothes, accessories, handicrafts, toys and more.

The event will start at 12noon.

For more information visit [www.towerhamlets.gov.uk/mela](http://www.towerhamlets.gov.uk/mela)



## Naveed in the Circle of laughs

**STAND-UP comedian Naveed Mahbub returns to the Rich Mix centre.**

Naveed (above) performed at a show in 2013, organised by the Brick Lane Circle.

This year, he returns, exploring new material and performing alongside Christian Lee and Inder Manocha.

Best known in Bangladesh as a pioneer in stand-up comedy, Naveed says he likes to explore human stories which make people laugh.

He is often invited by organisations and educational institutions in Bangladesh to utilise the art of stand-up and laughter to inspire people and promote positive messages.

The show is on Saturday, May 7 at 7pm at the venue at 35-47 Bethnal Green Road, E1.

For more details or to book advance free tickets, visit [bricklanecircle@yahoo.co.uk](mailto:bricklanecircle@yahoo.co.uk)

## Photography with feeling

**A PHOTOGRAPHY competition to encourage people to capture the essence of mental health and well-being will run until May 6.**

Winning entries will receive a prize and be part of an exhibition which will tour during the summer.

The theme is 'That feeling when...', a photograph which captures a moment, an emotion or a mood.

Email your entry to the trust with a brief description of the background to it and what feeling it sums up.

Go to [www.elft.nhs.uk](http://www.elft.nhs.uk)

# A celebration of local talent

**FOLLOWING the success of 2015's Early and Late Bloom arts festivals, The Space is once more looking for local performers to celebrate their talents at Crossrail Roof Garden performance space.**

The Early Bloom festival takes place on May 21 and 22, the Late Bloom on August 6 and 7. Both are open to performers of all ages and experience levels.

The show will be a mix of

theatre, dance, music and spoken-word performances, varying in length from five minutes to an hour.

Each act should be suited to an outdoor performance space and be appropriate for all ages.

Tickets to events at the roof garden throughout the summer are free.

Budding performers looking to apply to take part can download an application form from [www.space.org.uk](http://www.space.org.uk)



Bloom is a chance to show your performing skills







# Centre stage

Sir John Cass Redcoat pupils will be on stage for Connections Festival.

WWW.STRATFORDEAST.COM



# Africa at Spitalfields

Bank Holiday fun at Spitalfields Market, celebrating cultures of the African continent, with dance and music, and stalls selling food and handmade goods.

WWW.SPITALFIELDS.CO.UK/EVENT/AFRICA-AT-SPITALFIELDS-2016

## Out & about guide

## What's on where this week

### Cinema

**Snapshots of London: Pressure**  
Set in Notting Hill, Horace Ové's landmark film follows three generations of a Trinidadian family in Britain. Tony, the English-born youngest son of parents who came from the Windrush generation, cannot get a job and struggles to find his place between two cultures. Alienated from his white friends, he follows his older brother into involvement with the Black Power movement. Followed by a screen talk with producer Rob Buckler.  
Thurs, May 5, 6.30pm.  
Barbican Cinemas, Barbican Centre, Silk Street EC2Y.  
0845 120 7527  
www.barbican.org.uk/film

**The Pianist of Yarmouk**  
Documentary combining animation with concert footage about a pianist's survival in war-torn Syria and subsequent escape, followed by Q&A.  
Mon, May 9, 8pm. Free.  
Rich Mix, 35-47 Bethnal Green Road, E1.  
7613 7498  
www.richmix.org.uk

### Events

**Urban Butterflies**  
Tower Hamlets Cemetery Park is rich in butterflies, largely as a result of many years of targeted management. In sunny weather, you can see nine or ten species. Learn to identify them, about their behaviour, nectar plants, larval food, other habitat requirements and basic survey methods.

Sat, May 14, 10am-3.30pm. £35/£28.  
Tower Hamlets Cemetery Park, The Soanes Centre, Southern Grove, E3.  
www.eventbrite.co.uk/e/urban-butterflies-tickets-24649855381

**Who wears the trousers?**  
'Masculine' dressing has become such a staple of the style media that it's easy to forget just how transgressive it once was to dress in clothing that was deemed inappropriate for your gender. Male impersonators were a popular feature of 19th century entertainment. This talk looks at the history of women in trousers on the stage and in style, with a focus on the Victorian music hall from Vesta Tilley – at one time the highest earning woman in the country – to Jenny Hill who performed at Wilton's. The talk will be followed by a short Q&A session.  
Mon, May 16, 7pm. Free (reservation recommended).  
Wilton's Music Hall, Graces Alley, E1.  
7702 2789  
http://wiltons.org.uk

**The Water Poet Eurovision Party**  
On a night where anything Swedish goes, the pub's Eurovision costume competition returns as it celebrates this year's song contest. With nine screens to watch the contestants, a meaty menu of Swedish sausages and (meat) balls great and small, there's a complimentary cocktail for the first 50 to arrive in fancy dress.  
Sat, May 14, 5pm-12am. Free.  
The Water Poet, 9-11 Folgate Street, E1.  
7426 0495  
www.waterpoet.co.uk



**Shapla Salique: No Boundaries**  
London-based singer-songwriter (left) and her jazz band return to Wilton's to perform tracks from her new album. Shapla mixes traditional Bengali music with jazz and funk influences to create what she describes as "the perfect blend of east and west".  
Fri, May 6, 8pm. £15/£12/£13/£10.  
Wilton's Music Hall, Graces Alley, E1.  
7702 2789  
http://wiltons.org.uk

**Africa at Spitalfields**  
The creativity, vibrancy and colourful cultures of the African continent will be celebrated on the Bank Holiday. This bi-annual event features dance, games, music and stalls selling street food as well as clothing, accessories and handmade wares.  
Mon, May 30, 10am-5pm.  
Spitalfields Market, Brushfield Street, E1.  
www.spitalfields.co.uk/event/africa-at-spitalfields-2016

### Exhibitions

**Hola Mahalla: the forgotten festival**  
A print exhibition exploring the little known, yet significant, annual Sikh festival at Hola Mahalla. Dubbed the Sikh Olympics, it involves sword fights, daring horse stunts and a dab of spiritualism. The festival was established in the 17th century in Anandpur Sahib, also known as the 'City of Bliss'. Initiated by the tenth Sikh Guru Guru Gobind

Singh, it was used to help Sikhs prepare for battle both spiritually and physically.  
Weds, May 4-Fri, May 20, 10am. Free.  
Rich Mix, 35-47 Bethnal Green Road, E1.  
7613 7498  
www.richmix.org.uk

**Convergence: swim, walk, explore**  
Flow, meander, trace, explore. These four principles drive artists Lucy Devenish and Luke M Walker on their

**LANDLORDS..... OPTIMIZE YOUR RENT**

- Free Refurbishment
- 3 Months paid in advance
- Basic Maintenance **FREE**
- All Certificates **FREE**
- FREE** Management
- 0% Commission
- 1-5 Years Guaranteed Rent

**Incentive for an introducer up to £500**  
Properties Urgently Required In All East London Boroughs

**ampleproperties.co.uk**  
**0207 488 1140**  
137 Cannon Street Road, E1 2LX

**Sell your property for 1%**

**Chilli Garlic**  
Indian Grill Restaurant & Take Away  
Fully Air Conditioned

**TAKE AWAY OFFER**  
Spend £25 & Receive £5 Voucher (T&C applies)

**SPECIAL GRILL DISHES ARE AVAILABLE!**  
**Monday to Thursday**  
• Papadom and 4 dip chutney • Any Starter • Any Main Curry Dish • Plain or Pilau Rice or Nan Bread plus soft drink (£2.50 extra charge for seafood). (Dining in only)  
Xpress free home delivery minimum order £12.00  
Free bottle of soft drink with delivery orders of £22.00 or more...

**SPECIAL SUNDAY DEAL £9.95 per person**  
ANY STARTER | ANY MAIN CURRY  
ANY SIDE DISH | PILAU or WHITE RICE or NAN BREAD (Seafood not included)

**DINING IN OFFER**  
Spend £25 & get 15% from your whole bill

501 Roman Road, Bow, London E3 5LX  
**www.chilligarlic.com**  
020 8983 4301 / 020 8983 5341

**Precious Kids Day Nursery**  
Montefiore Centre  
Hanbury Street, London E1 5HZ  
Telephone: 020 7247 8173  
Email: preciouskids@btconnect.com

**Ofsted rating "GOOD"**

**We have vacant FREE 15 hour places for children aged 2-4 years old.**  
(Conditions apply for 2 year old places)

Also we have **private places available**  
50 hours at £203 per week for children aged 2-5 years old.

**Please call or visit for more details.**  
Bookings needed to view the nursery  
Telephone: 0207 247 8173

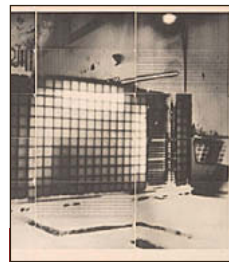




## Kate's cabaret at Wilton's

The atmospheric Wilton's Music Hall hosts Kate Garner as part of the London Festival of Cabaret, featuring music by greats such as Irving Berlin, Kurt Weill and Cole Porter.

[HTTP://WILTONS.ORG.UK/](http://wiltons.org.uk/)



## OSC at Roman

Antony Cairns presents photos printed on vintage punch cards.

[WWW.ROMANROAD.COM](http://www.romanroad.com)

## Out & about guide

### What's on where this week

urban exploits following the lost rivers of London from their sources to the Thames. The expeditions reinforce their shared fascination with immersion in landscape, both urban and wild, which is at the core of both their practices.

Thurs, May 5-Thurs, June 16, 6-9pm. Free.

DegreeArt.com Ltd, 12a Vyner Street, E2.

<https://degreeart.com/convergence-swim-walk-explore>

#### Antony Cairns: Osaka Station City

Comprising a collection of photographic assemblages printed on vintage punch cards, Antony Cairns' OSC – Osaka Station City features images from his latest series and explores new experiments with alternative printing methods. This is the first of the artist's shows to present his imagery upon coloured paper.

Fri, May 6-Fri, June 3

Roman Road Gallery, 69 Roman Road, E2.

[www.romanroad.com](http://www.romanroad.com)

#### Mary Heilmann: Looking at Pictures

The beach life of Los Angeles, the 1960s' counter-culture, pop songs and friendships with New York artists, poets and musicians are the well-springs of Mary Heilmann's abstractions. This exhibition begins with paintings based on the square, the grid and architectural details which are juxtaposed with glazed ceramics, hovering between painting and sculpture.

Weds, June 8-Sun, Aug 21.

Whitechapel Gallery, 77-82



#### Swept under the Carpet? Servants in London households 1600-2000

Servants are taking over at the Geffrye. New scenarios in the museum's parlours, drawing rooms and living rooms will illustrate domestic service and the experiences of servants living and working in middle-class homes over the past 400 years. These range from a 17th century laundry day to an au pair picking up after the family she lives with in 1960.

Until Sun, Sept 4, 10am-5pm. Free. Geffrye Museum, 136 Kingsland Road, E2.

7739 9893

[www.geffrye-museum.org.uk](http://www.geffrye-museum.org.uk)

Whitechapel High Street, E1.

7522 7888

[www.whitechapelgallery.org](http://www.whitechapelgallery.org)

### Music

#### Kate Garner: Unveiling the Unicorn

The singer returns to Wilton's Music Hall for an intimate evening of

parlour songs and classics as part of the London Festival of Cabaret. Kate will perform a variety of music including renditions of Coward, Berlin, Weill and Porter, along with some original songs.

Thurs, May 5, 7.45-8.45pm.

£15/£12.50 concessions.

Wilton's Music Hall, Graces Alley, E1.

7702 2789

<http://wiltons.org.uk>

#### Peter Doherty

The musician will be playing two nights at the Hackney Empire, having recently finished an arena tour with The Libertines following their comeback last year. Doherty

released a single, Flags of the Old Regime, in March 2015, all proceeds of which went to The Amy Winehouse Foundation. He is expected to release the follow up to 2009 debut Grace/Wastelands later this year.

Thurs, May 19 & Fri, May 20, 8pm.

£27.50.

Hackney Empire, 291 Mare Street, E8.

8985 2424

[www.hackneyempire.co.uk/?lid=5969#book](http://www.hackneyempire.co.uk/?lid=5969#book)

## Theatre

### National Theatre Connections

#### Festival

The Stratford theatre presents six new plays by ten different schools and young theatre groups, including Sir John Cass Redcoat School, who will perform Eclipse by Simon Armitage.

Sat, May 14, 7pm. £5.

Theatre Royal Stratford East, Gerry Raffles Square, E15.

[www.stratfordeast.com](http://www.stratfordeast.com)

#### Myths She-Told

Community theatre group WorkSpace Productions bring Greek myths up to date in a festival at the Crossrail Place Roof Garden. Tradition is retold from the perspective of three eponymous female characters. In a unique new adaptation, the legendary Lysistrata and Antigone interweave to imagine a meeting between these two extraordinary women.

Thurs, May 12-Sat, May 14, 7.30pm, Sat mat 2.30pm. Free.

Crossrail Place Roof Garden, E14.

7515 7799

# WHAT'S ON

AT CANARY WHARF  
MAY 2016

CANARY WHARF  
ARTS+EVENTS

## BUMP ROLLERDISCO

UNTIL SUNDAY 8 MAY  
TIMES VARY / MONTGOMERY SQUARE  
£7.50-£12 / [BUMPCLUB.COM](http://bumpclub.com)

### VISUAL ARTS

## SCULPTURE: QUAYOLA - LAOCOÖN

UNTIL 24 JUNE  
LOBBY, 1 CANADA SQUARE / FREE

## POP UP VINTAGE FAIRS

WEDNESDAY 11 MAY  
10.30AM-6.30PM / CABOT SQUARE  
FREE TO VISIT

## CANARY WHARF CHARITY ABSEIL

SATURDAY 14 MAY  
9AM-5PM / 50 BANK STREET / £25 REGISTRATION  
Plus £200 minimum sponsorship

## THE LUNCH MARKET

WEDNESDAY 18 MAY  
11AM-3PM / MONTGOMERY SQUARE / FREE TO VISIT

## CANARY WHARF SUMMER FASHION EVENT

FRIDAY 27 - SUNDAY 29 MAY  
THROUGHOUT SHOPPING MALLS / FREE TO VISIT

FOR MORE INFORMATION  
VISIT [CANARYWHARF.COM](http://CANARYWHARF.COM)  
TWEET US @YOURCANARYWHARF

All details correct at time of press.





race for the  
**Kids**



# 5k family fun run

Sunday 15 May 2016 | Queen Elizabeth Olympic Park

[raceforthekids.co.uk](http://raceforthekids.co.uk)



Sponsored by  
Royal Bank of Canada

**SIGN UP  
TODAY**

Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024.





## Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

[WWW.LOVEFOODHATEWASTE.COM](http://WWW.LOVEFOODHATEWASTE.COM)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

**CALL OUR ADS TEAM ON 7364 4061**

### Eating out, eating in

# Seek and ye shall find... a perfect Sunday lunch

BY GORDON BLUE

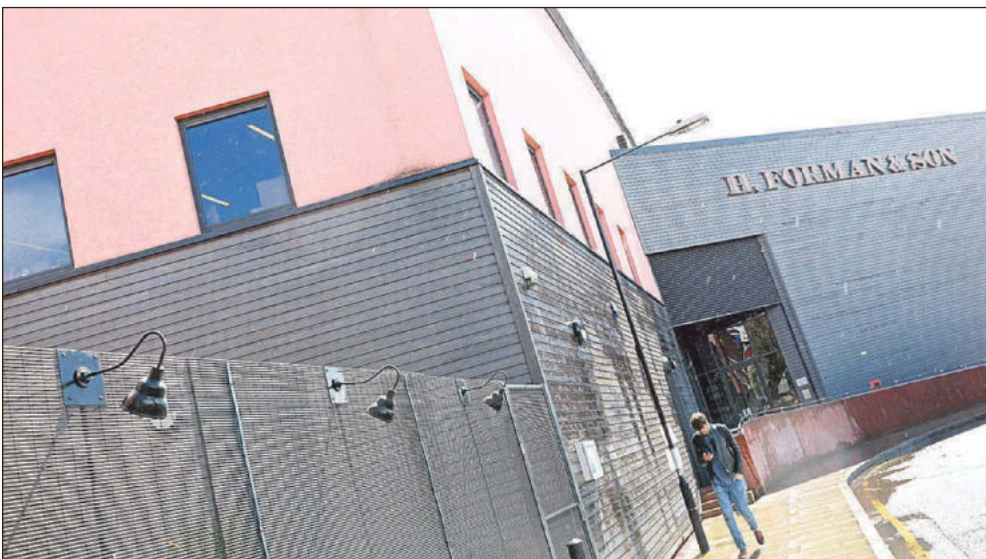
**IT'S hard to miss the slab of salmon pink architecture that is Forman and Son. But it is a question of 'seek and ye shall find' rather than attracting passing trade through its off the beaten track doors.**

The mothership has once again descended on east London and I thought this might be the perfect spot to take her for Sunday lunch.

This famous smokery processes three tonnes of salmon a day. We watch with a meditative fascination from the viewing gallery, as we see salmon pin-boned by hand with a craft and experience that demands respect and makes us evaluate our plates with newfound awe.

My starter of warm potato blini, rosetted with smoked salmon and dotted with capers and diced shallots, is a joy.

Mother's starter of seared tuna and salmon sashimi-style is so pretty, I felt compelled to take a photo (usually something I'm snobbish about).



The slab of salmon pink architecture that is Forman & Son

Heralded as one of her favourite starters of all time, we're off to a fine start. The Silver Fox's trio of salmon (beetroot cured, smoked and wild) is also stunning in both composition and flavour.

Mains are equally delightful. The Silver Fox's herb encrusted salmon is a great hunk of fish, the size of which has never been seen before by any of us.

I am jealous as my fish cake,

while delicious, is on the small side in comparison.

Mother, who, without irony, talked about having two delicate starters rather than a starter and a main, actually plumped for belly of pork (not famous for being a light alternative) with a generous portion of crackling.

We were too full for puddings but we had a rather marvellous time: unalloyed quality in

an interesting setting with unparalleled views of the Olympic Park.

Three ate handsomely, two courses each, for just under £75. Not bad and, on the day we went, we accepted an offer of a free bottle of quality rose.

What more could one possibly want from a Sunday lunch?

**Forman and Son is in Stour Road, Fish Island, E3.**

**Tel: 8525 2350**



## Beans means a slap-up sarnie

**THIS month's recipe comes from the Love Food Hate Waste website.**

This quick and nutritious sandwich filling is an ideal way to use up fresh herbs that are starting to wilt.

If you have a recipe to

suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers.

Email your offerings to [recycling@towerhamlets.gov.uk](mailto:recycling@towerhamlets.gov.uk)

### White bean and herb sandwich spread – serves 4

#### Ingredients

1 medium onion  
1 tbsp vegetable oil  
400g/14oz can white beans, eg cannellini, haricot

Juice of half a lemon  
3 tbsp finely chopped fresh herbs like chives and basil  
Salt and pepper to taste

#### Method

1. Peel and finely chop the onion.
2. Fry it in the vegetable oil until soft.
3. Drain and rinse the beans.
4. Mash all the ingredients together, or use a food processor and whizz them to

a spreadable texture. Taste, and adjust the seasoning to suit your taste. This recipe is vegan. If you like your spread extra lemony, use the zest as well as the juice and add a clove of garlic.



## Visit Stepney City Farm

**FREE ADMISSION**

Open 10-4pm, Tuesday to Sunday and Bank Holiday Mondays

Award winning **Stepney Farm Cafe**: 9.30-2.30pm Wednesday to Friday 10-4pm Saturday and Sunday

**Farmers' Market** every Saturday 10-3pm

Say hello to our collection of **animals**. Look around our **vegetable and herb gardens**, and buy Farm produce from our Farm Shop

Delicious, farmhouse food and monthly **Farm Suppers** with guest chefs in our Cafe  
**FREE seasonal community events**

**Woodwork, pottery and blacksmith studios**, watch and learn about traditional crafts

**Nearest tubes:** Stepney Green (District and Hammersmith and City) and Limehouse DLR | **Buses:** 339, 309  
Stepney Way, London E1 3DG | 0207 790 8204 | [www.stepneycityfarm.org](http://www.stepneycityfarm.org) | [info@stepneycityfarm.org](mailto:info@stepneycityfarm.org)

Registered charity number: 1136448

**A working farm, Rural Arts Centre and community meeting place**





## Need a fresh start? Are you unemployed and looking for work?

**Circle Housing Old Ford can help you develop your skills and knowledge, improve your confidence and get the job you want.**

### We offer FREE:

- 1:1 sessions with qualified and experienced staff
- Confidential and impartial support for career changes
- Job searching
- CV writing
- Interview techniques
- Access to computers, internet, printing and telephones
- Computer courses
- Independent benefits and debt advice
- Volunteering opportunities

To make an appointment please call the Advice & Guidance team on **020 8981 3298** or drop in to Eastside Youth & Community Centre, 6 Parnell Road, E3 2RB

## PUBLIC CONSULTATION REVISED REGULATION 123 LIST AND PLANNING OBLIGATIONS SUPPLEMENTARY PLANNING DOCUMENT

The Council consulted on a draft Planning Obligations Supplementary Planning Document (SPD) in April 2015. Responses to the consultation have been considered and changes have been made to the SPD where appropriate to do so. The Council also adopted a Regulation 123 List alongside its Community Infrastructure Levy Charging Schedule in April 2015. The Council have since made a small number of minor amendments to both the SPD and the Regulation 123 List and are now consulting only on these minor amendments.

The Regulation 123 List sets out the projects or types of infrastructure the Council intends will be, or may, be wholly or partly funded by the Community Infrastructure Levy (CIL). The SPD explains how the Council will use planning obligations, in combination with the Regulation 123 List, to ensure that the impacts of new development are properly mitigated now that a Tower Hamlets Community Infrastructure Levy has been adopted.

The documents can be viewed on the Council's website:  
**[www.towerhamlets.gov.uk/cil](http://www.towerhamlets.gov.uk/cil)** and at the locations listed below (right):

### Documents can be inspected at:

Tower Hamlets Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG
Idea Store Bow, 1 Gladstone Place, Roman Road, Bow, London E3 5ES
Idea Store Canary Wharf, Churchill Place, London E14 5RB
Idea Store Chrisp Street, 1 Vesey Path East India Dock Road, London E14 6BT
Idea Store Whitechapel, 321 Whitechapel Road, London E1 1BU
Idea Store Watney Market, 260 Commercial Road, London E1 2FB
Bethnal Green Library, Cambridge Heath Road, London E2 0HL
Cubitt Town Library, Strattondale Street, London E14 3HG

### How to make Comments

Tower Hamlets Council will be carrying out consultation between 5pm Friday 29th April 2016 and 5pm Sunday 5th June 2016. Comments should be made electronically or in writing in the following ways:

**Email:** [infrastructure.planning@towerhamlets.gov.uk](mailto:infrastructure.planning@towerhamlets.gov.uk)

### Post:

Infrastructure Planning Team  
London Borough of Tower Hamlets  
Mulberry Place  
PO Box 55739  
5 Clove Crescent  
London E14 1BY

### More Information

For more information please refer to the Council's website, [www.towerhamlets.gov.uk/cil](http://www.towerhamlets.gov.uk/cil), or contact the Council's Infrastructure Planning team on 020 7364 5009 or by email to [infrastructure.planning@towerhamlets.gov.uk](mailto:infrastructure.planning@towerhamlets.gov.uk).



# Public notices

## SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT Hao Tran and Thoa Nguyen has applied to the London Borough of Tower Hamlets for a Special Treatment Licence for Manicure, Pedicure, Massage, Facials, Nails Extension, Spray Tan.

**Licence(s) for the premises:** Unit 30, Skylines Village, Limeharbour, London E14 9TS.

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulation Service, 6th Floor Mulberry Place, 5 Clove Crescent, London E14 2BG WITHIN THREE WEEKS, specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

## LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC –

### BRUSHFIELD STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding, the following temporary prohibition:

**Location:** Brushfield Street between its junction with Steward Street and its junction with Gun Street;

**Reason:** To allow essential works to be carried out on the public highway by Kelly Communication Limited;

**Alternative Route:** For vehicular traffic will be via Fort Street, Artillery Lane and Crispin Street or Brushfield Street, Crispin Street, Artillery Lane and Steward Street.

**Period:** From Thursday 26th May 2016 to Saturday 28th May 2016 from 08:00 hours until 18:00 hours each day.

Please refer any queries regarding the above traffic restrictions to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 2nd May 2016**

**SIMON BAXTER  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

## LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC

### GOODMANS STILE E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, having consulted with Transport for London, propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

**Location:** Goodmans Stile for a distance of approximately 50 metres in the south-west direction from its junction with Commercial Road;

**Reason:** To allow essential crane works to be carried out on the public highway by Centercomms on behalf of BT;

**Alternative Route:** For vehicular traffic will be via Leman Street, Prescott Street, Mansell Street, Whitechapel High Street and Commercial Road;

**Period:** On Sunday 29th May 2016 from 10:00 hours until 16:00 hours.

Local access into the Berkeley Homes Construction Site will be maintained.

Refer any queries regarding the above traffic restrictions to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 2nd May 2016**

**SIMON BAXTER  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

## LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC

### KING DAVID LANE E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, propose to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

**Location:** King David Lane between its junction with Juniper Street and its junction with The Highway;

**Reason:** To allow essential works to be carried out on the public highway by Fulcrum;

**Alternative Route:** For vehicular traffic will be via The Highway, Glamis Road, and Cable Street or The Highway,

Cannon Street Road, Commercial Road, Devonport Street and Cable Street;

**Period:** From Tuesday 31st May 2016 to Friday 3rd June 2016.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, [john.parsons@towerhamlets.gov.uk](mailto:john.parsons@towerhamlets.gov.uk)

**Dated: 2nd May 2016**

**SIMON BAXTER  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

## LONDON BOROUGH OF TOWER HAMLETS LICENSING ACT 2003

### NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT Mr Ali Eren Balikel has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

**Premises:** Kilikya Ltd, 10-12 Harbour Exchange Square, London E14 9GE.

**The licensable activities and timings are:**

**Sale of Alcohol:**

Monday to Thursday up to 23.00

Friday – Saturday up to 23.30  
Sunday up to 22.00

**Regulated entertainment:**

Monday to Thursday up to 23.00

Friday – Saturday up to 23.30  
Sunday up to 22.00

**Late night refreshments:**

Friday – Saturday up to 23.30

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG

Website:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
Tel: 020 7364 5008

**Representations must be received no later than 19/05/2016**

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)



# Public notices

## NOTICE OF APPLICATION FOR A PREMISES LICENCE - LICENSING ACT 2003

NOTICE IS GIVEN THAT the Hurtado Jesuit Centre, 2 Chandler Street, London, E1W 2QT, has applied for the Grant of a Premises Licence to Tower Hamlets Licensing Authority under the licensing act 2003.

A record of this application may be inspected by appointment.

The licence is for Mondays, Tuesdays, Thursdays and Fridays from 18:00 – 22:00 during certain periods of the year, and not more than twice a week on any given week. It is proposed that the following licensable activities will take place at the premises; the sale of Alcohol, showing Films and playing recorded music.

Other persons may make representations to the Council on this application by no later than 19th May 2016.

Representations should be sent to the Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG

Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Tel: 020 7364 5008.

The application record and register may be viewed between 10am and 4pm Monday to Friday during normal office hours

at the above address.

Under Section 158 any person who makes a false statement knowingly or recklessly in connection with an application is liable on summary conviction to a maximum fine of £5,000.

## LONDON BOROUGH OF TOWER HAMLETS

### THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.1) TRAFFIC ORDER 2016

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets propose to make the above mentioned Order under section 6 of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985 and the Road Traffic Act 1991.
2. The general effect of the The Tower Hamlets (Prescribed Route) (No.1) Traffic Order 2016 will be to introduce cycle lane for pedal cycles travelling contra flow on the following streets proceeding in:
  - i) Buxton Street, on the north side from its junction with Brick Lane to its junction with Spital Street in a general eastbound direction;
  - ii) Greatorex Street, on the east side from its junction with Old Montague Street to its junction with Whitechapel

- Road in a general south-eastbound direction;
- iii) Old Montague Street on the south-east side from its junction with Casson Street to its junction with Greatorex Street, in a general eastbound direction.
3. A copy of the proposed Order can be inspected by appointment at the offices of: Communities, Localities and Culture Clean, Green and Highways Department  
6th Floor, Mulberry Place  
P.O. Box 55739  
London E14 2BG
4. This can be inspected and obtained only during normal office hours on Monday to Fridays inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on the proposed Order, should send a statement in writing of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 2nd May 2016

**SIMON BAXTER**  
**INTERIM SERVICE HEAD,**  
**PUBLIC REALM**

## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING APPLICATIONS

PLEASE NOTE THAT THE LONDON BOROUGH OF TOWER HAMLETS PUBLISHES DETAILS OF PLANNING APPLICATIONS IN EAST END LIFE AND THE EAST LONDON ADVERTISER ON ALTERNATE WEEKS.

Applications at the following addresses were published in the East London advertiser on 28th April 2016 and anyone wishing to comment may view the applications on the Tower Hamlets web site at <http://www.towerhamlets.gov.uk/home.aspx> or ring 020 7364 5009 for details.

#### APPLICATIONS AFFECTING CONSERVATION AREAS AND LISTED BUILDINGS

Bromley Hall School, Bromley Hall Road, London, E14 0LF	PA/16/00885
28 Hanbury Street, London, E1 6QR	PA/16/00699
Tower Bridge Wharf, 86 St Katharines Way, London	PA/15/03098
1 Sidney Square, London, E1 2EY	PA/16/00854
Flat 6, Manhattan Building, Fairfield Road, London, E3 2UJ	PA/16/00831
155 Commercial Street, London	PA/16/00155
Dock wall at southern side of Poplar Dock adjacent to Landons Close and Dock wall at eastern side of Poplar Dock and Blackwall Basin	PA/16/00686
Flat 3, 17 New Road, London, E1 1HE	PA/16/00827
63 Redchurch Street, London, E2 7DJ	PA/16/00921
32C East India Dock Road, London, E14 6JJ	PA/16/00893
31B Rhondda Grove, London, E3 5AP	PA/16/00878
38B Arbery Road, London, E3 5DD	PA/16/00876
52 Jodrell Road, London, E3 2LA	PA/16/00805
52 Jodrell Road, London, E3 2LA	PA/16/00806
4 Bellevue Place, London, E1 4UG	PA/16/00851
Flats 2 & 4, Elan Court, 36 Newark Street, London, E1 2AA	PA/16/00887 & PA/16/00888

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

10A Toynbee Street, London, E1 7NE	PA/16/00935
4 Bellevue Place, London, E1 4UG	PA/16/00850
15 Zealand Road, London, E3 5RA	PA/16/00846
25 Senrab Street, London, E1 0QE	PA/16/00843

#### MAJOR APPLICATIONS

Former Beagle House Now Known As Maersk House, Braham Street, London	PA/16/00782
--	-------------

#### APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

Former Beagle House Now Known As Maersk House, Braham Street, London	PA/16/00782
--	-------------

Dated: 2nd May 2016

**OWEN WHALLEY**  
**HEAD OF PLANNING & BUILDING CONTROL**



# Public notices

## LONDON BOROUGH OF TOWER HAMLETS

### THE TOWER HAMLETS (WAITING AND LOADING) (NO.1) ORDER 2015 (AMENDMENT NO.17) ORDER 2016

### THE TOWER HAMLETS (A4 PARKING PLACES) (NO.1) ORDER 2015 (AMENDMENT NO.1) ORDER 2015

### THE TOWER HAMLETS (D1 PARKING PLACES) (NO.1) ORDER 2015 (AMENDMENT NO.4) ORDER 2015

### THE TOWER HAMLETS (MOTORCYCLE BAYS) (NO.1) ORDER 2015 (AMENDMENT NO.5) ORDER 2015

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 2nd May 2016 propose the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders would be to in:
  - a) **Backchurch Lane** (West side between Cable street and Pinchin Street) – To upgrade the Single Yellow Line to Double Yellow Line with ‘No Loading At Any Time’ Restrictions.
  - b) **Barnes Street** (East side, outside of the flank wall of no.7 Matlock St) – To introduce on existing Single Yellow line a Solo Motorcycle Bay.
  - c) **Mastmaker Road** – To reduce the existing Pay & Display Bay by five spaces at its southerly end for entrance requirements into the new development.
  - d) **Patriot Square** –
    - (i) Northside (nearest Cambridge Heath Road) – To convert a single Parking space of the existing Permit Bay into a Solo Motorcycle Parking Bay.
    - (ii) Southside (outside of The Town Hall Hotel) – To convert the existing Permit and Resident bays into Shared use Parking bays (Permit & Pay by Phone).
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the Parking Services Offices, 585-593 Commercial Road, London E1 0HJ (020 7364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: [Parking.development@towerhamlets.gov.uk](mailto:Parking.development@towerhamlets.gov.uk) of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 2nd May 2016

**SIMON BAXTER**  
**SERVICE HEAD, PUBLIC REALM**

## LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – DEANCROSS STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

**Location:** Deancross Street for a distance of approximately 30 metres, south, from its junction with the Commercial Road;

**Reason:** To allow essential works to be carried out on the public highway by TRILLO on behalf of National Grid;

**Alternative Route:** For vehicular traffic will be via Commercial Road, Sutton Street and Tarling Street and vice versa;

**Period:** From Monday 9th May 2016 to Sunday 11th September.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Management Team, Clean, Green and Highways on 020 7364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 2nd May 2016

**SIMON BAXTER**  
**INTERIM SERVICE HEAD,**  
**PUBLIC REALM**  
**MULBERRY PLACE**  
**5 CLOVE CRESCENT**  
**LONDON E14 2BG**

**Did you know...**

**you could place a recruitment ad with East End Life for as little as £93 + VAT?**



## LONDON BOROUGH OF TOWER HAMLETS

### TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 15(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

34-40 White Church Lane And 29-31 Commercial Road, London, E1 PA/15/02527

Demolition of existing buildings at 34-40 White Church Lane and 29-31 Commercial Road and erection of a ground floor plus 17 upper storey building (72.5m AOD metre) with basement to provide a flexible use commercial space (B1/A1/A3 Use Class) at ground floor and 39 residential units (C3 Use Class) above with basement, new public realm, cycle parking and all associated works.

Amended Description: Following a reduction in the proposed height of the proposed scheme (by 1 storey) and provision of 3 less proposed residential units.

The application and supporting drawings may be viewed electronically at the Planning Office between 9am and 1pm Mondays to Fridays. However, paper files are available for major applications only. You can visit between these times without making an appointment and a planner will be available to help with any general enquiries.

The information will also be available on the Council's web site at <https://development.towerhamlets.gov.uk>.

If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at:

Tower Hamlets Planning Department,  
Mulberry Place, 5 Clove Crescent, London E14 2BG

email: [development.control@towerhamlets.gov.uk](mailto:development.control@towerhamlets.gov.uk)

Dated: 2nd May 2016

**OWEN WHALLEY**

HEAD OF PLANNING & BUILDING CONTROL



## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

797 Commercial Road, London, E14 7HG PA/16/00418 & PA/16/00419

Proposed single storey rear extension, new shopfront, replacement windows, new steel stairs to basement at rear, internal alterations across all floors, and landscaping at rear.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

19 Norman Grove, London, E3 5EG PA/16/00776

Fit 4.new rooflights. Remove sash window & replace with french doors, fit new casement window to dining room. Create new opening & fit new opaque glass to new bathroom (Retrospective application)

The application and supporting drawings may be viewed electronically at the Planning Office between 9am and 1pm Mondays to Fridays. However, paper files are available for major applications only. You can visit between these times without making an appointment and a planner will be available to help with any general enquiries.

The information will also be available on the Council's web site at <https://development.towerhamlets.gov.uk>.

If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at:

Tower Hamlets Planning Department,  
Mulberry Place, 5 Clove Crescent, London E14 2BG

email: [development.control@towerhamlets.gov.uk](mailto:development.control@towerhamlets.gov.uk)

Dated: 2nd May 2016

**OWEN WHALLEY**

HEAD OF PLANNING & BUILDING CONTROL



## Public notices

### LONDON BOROUGH OF TOWER HAMLETS

#### THE CITY OF LONDON AND TOWER HAMLETS (PRESCRIBED ROUTES) (NO.2) ORDER 2016

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets having consulted with the Common Council of the City of London propose to make the above mentioned Order under section 6 and 124 of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985.
2. The effect of the amended Order will be to enforce the extension of the street market and restriction on vehicular traffic on the length of carriageway in Bell Lane between its junctions with Cobb Street and Wentworth Street to accommodate Wentworth Street market known locally as Petticoat Lane Market in the London Borough of Tower Hamlets and the City of London. The duration of times will be;
  - (a) Wentworth Street, Goulston Street, Bell Lane and Toynbee Street Mondays to Fridays (inclusive) from

08:00 hours to 16:00 hours;

- (b) Wentworth Street, Middlesex Street, Toynbee Street, Goulston Street, Strype Street, Leyden Street, Bell Lane, Cobb Street and New Goulston Street on Sundays from 09.00 hours to 15.00 hours.
3. A copy of the proposed Order can be inspected by appointment at the offices of Communities, Localities & Culture, Network Management Team, 6th Floor, Mulberry Place, P.O. Box 55739, London E14 2BG during normal office hours on Monday to Fridays inclusive until the expiration of a period of 21 days from the date on which this notice is published.
  4. Any person desiring to comment on the proposed Order should send a statement in writing of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 2nd May 2016

**SIMON BAXTER**  
INTERIM SERVICE HEAD,  
PUBLIC REALM

### LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### T E M P O R A R Y PROHIBITION OF TRAFFIC – HENRIQUES STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of Transport for London, made an Order, to prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

**Location:** Henriques Street for a distance of approximately 30 metres, south, from its junction with Commercial Road;

**Reason:** To allow essential works to be carried out on the public highway by TRIIO on behalf of National Grid;

**Alternative Route:** For vehicular traffic will be via Commercial Road, Christian Street, Fairclough Street and Henriques Street and vice versa;

**Period:** From Monday 9th May 2016 to Sunday 11th September 2016.

If you have any queries regarding the above traffic restrictions, please do not

hesitate to contact David Pryce, Network Coordinator, Network Management Team, Clean, Green & Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 2nd May 2016

**SIMON BAXTER**  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

### LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### T E M P O R A R Y PROHIBITION OF TRAFFIC – BATTY STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of Transport for London, made to make an Order, to prohibit vehicular traffic from entering, stopping or proceeding the

following temporary prohibition:

**Location:** Batty Street for a distance of approximately 30 metres, south, from its junction with Commercial Road;

**Reason:** To allow essential works to be carried out on the public highway by TRIIO on behalf of National Grid;

**Alternative Route:** For vehicular traffic will be via Commercial Road, Christian Street, Fairclough Street and Batty Street and vice versa;

**Period:** From Monday 9th May 2016 to Sunday 11th September 2016.

If you have any queries regarding the above traffic restrictions, please do not hesitate to contact David Pryce, Network Coordinator, Network Management Team, Clean, Green & Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 2nd May 2016

**SIMON BAXTER**  
INTERIM SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

**Take Notice of**  
**Public Notices**  
**Make sure you know what's going on in your neighbourhood.**





## Wharf hosts cycling series again

Canary Wharf will again host the V-Series Cycling event when 20 teams of eight riders compete in four 1k laps around the North and South Colonnades on September 16.

## Fantastic win

"We didn't think we would win so many medals and to win the overall trophy for the Beavers was fantastic."

SCOUT LEADER BORIRA BEGUM

## Sport



The 16th East London Beavers show off their medal collection after the East London County Gala at York Hall, Bethnal Green

## UEL climb the UK rankings

### University sport

**QUEEN Mary Students' Union is climbing up the rankings for university sport across the country.**

Its teams compete in the British University and College Sport leagues (BUCS) and this season has been one of the union's most successful with QMC placed 58th nationally, six places higher than last year.

The following teams finished top of their leagues: men's fencing, women's football, women's volleyball, men's hockey, men's rugby, men's table tennis, women's tennis, men's rugby 3rd, men's football 5th, netball 5th.

The Queen Mary women's badminton team is also in with a chance of being promoted into Premier South of the BUCS national league after qualifying for the play-offs.

In the BUCS Conference Cup, the Union's highest performing clubs were: men's fencing (gold), women's volleyball 1st team, men's squash, women's table tennis (all silver).

Several teams also put in fine performances in the London Universities Sports League, an offshoot from BUCS.

The women footballers topped their league while the netball 4th team and men's hockey 1st team both finished as runners-up.

# Swimming Scouts race to gala victory

BY PETER FAULKNER

**THE 16th East London Scouts made a winning start to their swimming careers at York Hall, Bethnal Green.**

The troop's Beavers won 12 gold medals at the East London County gala and finished first, overall, in the tournament.

As well as 12 golds, the group took home three silvers and five bronzes, leaving the oppo-

sition swimmers trailing in their wake.

Star performers Sarah Mahmud and Aisha Rahman both won a hat-trick of races while Sumayyah Ahmed claimed two gold medals and two silvers.

**Other results:** Dawud Sulaiman one gold and two bronze; Ruwayda Nezam one gold and one bronze; Maryam Sufian, gold, silver and bronze; Hannah Dayaan, Yahya Dayaan and Musab Abid Syed one gold

each; Sufana Abdel Samei one bronze.

The cubs carried on the good form, with a third-place finish, thanks to two golds and a silver from Zahid Sufian.

The 16th East London Group Scout Leader Borira Begum said: "I am thrilled with the result.

"We didn't think we would win so many medals and to win the overall trophy for the Beavers was absolutely fantastic. We hope to be back next year."



### Cricket

AZLAN Bhuiyan starred as Tower Hamlets Cricket Club won their Middlesex County Cup clash with Kay Plus at Hackney Marshes on April 23. Bhuiyan took four wickets as Kay Plus made 144 after a rain-delayed start, then smashed 41 to fire the run chase. Captain Mahbubul Alan (32 n/o) and Mobossher Ahmed (28 n/o) saw Tower Hamlets home for the loss of six wickets.

# Landlords... Top rents achieved 3 months paid in advance

## FREE PROPERTY LICENCE

Hassle-Free Letting

Rent your property today!

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting



Properties Urgently Required in all East London Boroughs & Essex



elliottleigh.com

020 8983 4444

Visit our website for more information [www.elliottleigh.com](http://www.elliottleigh.com)



## As young as you feel

Young@Heart sessions are delivered every weekday at Better leisure facilities in Tower Hamlets.

WWW.BETTER.ORG.UK

### Sport

# Cash boost for young hopefuls

#### Athletics

**SIXTY-NINE Tower Hamlets athletes will benefit from a share of a nationwide £1.2 million fund – thanks to charitable social enterprise Greenwich Leisure Limited (GLL).**

The money comes through its athlete support programme, the GLL Sport Foundation in partnership with SportsAid and the council.

A celebratory awards night was held at York Hall, Bethnal Green, on April 19 where funded athletes received their awards and certificates.

In attendance was weight-

lifter Mercy Brown, foundation ambassador, who said: “GLL has been a funding source that has been helping me from the very start of my lifting career and has been so helpful in achieving many of my goals.”

With the Rio Olympics and Paralympics on the horizon, many athletes will reap the benefits of foundation support, from funding for training camps, to sport science and physiotherapy support.

Previous recipients of help include London 2012 400m hurdler Perri Shakes-Drayton.

Supported athletes receive award packages that include financial grants of up to £1,250.



The Warriors are scoring goals for fun

## Warriors hit 40 in winning run

#### Futsal

**WARRIORS Futsal team won four successive league matches and scored 40 goals in the process.**

First opponents were Bal Peligros where five goals from Unai Alvares were the highlight of a 10-1 win.

Eder Arrechea (2), Jorge Filipe Sousa (2), and Rodrigo Kaleba completed the rout.

Warriors kept it up with a 4-1 win over Chiswick, with two goals from Eder Arrechea and one apiece from Samoel Pereira and Fabricio Novais.

Then Warriors faced their prime rivals for the league, Pro Futsal 1, but demoralised their opponents with a 15-1 trouncing.

Hero of the day was Alvarez with nine goals while Arrechea got a hat-trick.

Warriors racked up one more heavy win, an 11-1 triumph over LondonZappSport Futsal.

They stormed 4-0 ahead with two goals apiece from Unai Alvarez and Cesar Dourado.

The other goals came from Jonathan Aredes, Rodrigo Kalebe, Samoel Jose, Lucas Emmanuel Manfredi, Arrechea, Sousa and Pedro Ferreira.



## Boxers shine in the North East

Bethnal Green's Repton Boxing Club won a best-ever seven junior titles at the cadet championships in Newcastle. Eleven Repton fighters reached the finals – also a club record.



FC Hamlets won a second London Junior Cup in three years

PHOTO: AZ Images

# Hamlets are the pride of London

#### Soccer round-up

FC Hamlets...2  
UCC Diaspora...1

**FC HAMLETS, whose season began disastrously in the Essex Olympian League, have really turned it around.**

On April 23 at Cockfosters FC ground, they lifted the London Junior Cup for the second time in three years.

It came just a week after Mayor's Cup triumphs for their

under-12s, with a series of high-scoring victories, and their U18s in a dramatic penalty shootout.

And on top of that, the team are hoping to end the season with third place in the league.

This cup final was only four minutes old when Sanogo Abdramane found John Gilroy who hammered Hamlets ahead.

Ten minutes later Hamlets captain George Oakley found Gilroy again and he beat the offside trap to make it 2-0.

In the 27th minute Diaspora

pulled a goal back from a header from a corner.

In the second half Jay Morris, Jamie Lottrie, Ashan Siddick and Riley Richards all went close for Hamlets.

■ **SPORTING Bengal**, due to play their final match of the season as East End Life went to press, have already set a club record.

A shock 1-0 win over Essex Senior League table toppers Bowers & Pitsea, thanks to a late Abdisamad Mohamed strike,

took them to a best ever Premier Division tally of 44 points.

■ A football club that aims to promote children's confidence is looking for players.

Isle of Dogs based **Kekoa Coaching children's academy** hold three sessions on Saturday mornings at George Green School, Manchester Road.

Players are divided into 4-7 years beginner, 4-7 years advanced and 7- to 10-year-olds

Email David Annobil at [david@kekoacoaching.com](mailto:david@kekoacoaching.com)

# Repton youngsters in record-breaking form

BOXING ROUND-UP  
BY PETER FAULKNER

**BETHNAL Green's Repton Boxing Club have smashed another record, winning seven junior titles at the cadet championships in Newcastle.**

Eleven Repton fighters reached the finals – also a club record – and the youngsters did the green and gold vest proud.

Twins Jack and Bill Oliphant pulled off a brilliant double – Jack becoming champion at 52kg in the juniors with a points success over Callum Grace (Platinum) and Bill winning at 46kg in the junior cadet category, beating James Mongan (Priory Park).

The success continued with George Ellis edging a split decision over Tom McEvoy (Salisbury), and Henry Turner and Johnny Johnstone both getting unanimous verdicts over John Tyres (Darlington) in the junior 54kg division and Donte Dixon (Manor) at 63kg respectively.

In the junior cadets, Denis McCann got a bye in the final when his opponent Charles Dunne (Boxing Clever) withdrew, and Harvey Smith earned a unanimous decision over Shane McAuley (Shikldon).

John Inman lost a split decision to Aaron Vaughan (Tower Hill) while there were also points defeats for Adam Mohammed against Myles Fletcher (Bur-

ton Park), George Mitchell at the hands of Hope Price (Hunslet) and Khali Osman against Brad Thomas (Doddington).

■ **WATCH** out for the name Jorge Anderson, Repton's new kid on the block.

The youngster was the club's only entry in the North East Division stage of the schools championships and looked classy, outpointing West Ham's Lee Doherty.

Jorge has only lost once, and those in the know say that he is a contender for the national title.

■ **ELLIOTT** Matthews, of the Limehouse Elite Gym, stretched his spotless record to 18 fights when he beat Plymouth's Christian Hoskin Gomez on points at York Hall.





## Awards for valiant efforts

Bethnal Green's Vallance Community Sports Association holds its annual dinner and awards ceremony on Monday, May 9, from 6-10pm, at The Atrium, Cheshire Street, E2 6EJ.

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

[EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK](mailto:EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK)

### Sport

# Ruqsana leaves sick bed to win world title

BY PETER FAULKNER

**RUQSANA Begum showed her fighting spirit by climbing from her sick bed to become world muay Thai champion.**

The part-time science technician at Swanley School had been laid up for days suffering with a fever.

Just 24 hours before facing Sweden's Susanna Salmijarvi for the world 48kg title, she phoned coach Bill Judd and asked whether she should fight or not.

Bill, who has coached endless world champions at the KO Gym in Bethnal Green, gave Begum an inspirational talk.

"He told me I was strong enough to beat anyone at my weight in the world," said the 32-year-old atomweight champ.

"He has taught me to think like a winner and, although I had been bed-bound



Ruqsana Begum is a world champion

all week and was feeling weak, my coach said that I would not get an opportunity like this again."

So on Sunday, April 24 at The Round, Hackney, Begum defeated Salmijarvi to be

crowned world champion – the latest title holder in Bill Judd's impressive portfolio.

"I was determined this time not to be fazed by anything and, thanks to Bill's words of encouragement, not even illness could keep me down.

"Salmijarvi was a substitute opponent, but I wasn't going to let that worry me. In fact I didn't even look at footage of her in action, I was that confident and that eager to get on with the fight.

"The crowd were an inspiration too. They were really noisy and I could feel they were behind me and it inspired me.

"For now I just want to enjoy the feeling of being a world champion at last and then Bill and I will decide what the next step is.

"It has been a long journey and I would not have done it without Bill Judd. His winning qualities have rubbed off on me."



Young sailor Leila Moore gets her award from Giles Scott

### Sailing Leila's London's best

TEENAGE sailing sensation, Leila Moore, has been voted as the Thames Valley and London Champion.

Leila, 14, picked up her award – one of 11 Royal Yachting Association (RYA) regional prizes across the country – from British Sailing's Giles Scott, three-time Finn Gold Cup winner and Olympic hopeful at a ceremony at Alexandra Palace.

Leila said: "I was surprised to be chosen as I had won this award in 2014. I absolutely love sailing. Being a city girl it's an unusual sport to pick, but I am so glad I did.

"I am really proud of myself to get this far and so grateful to my coaches at Docklands Sailing and Watersports Centre (DSWC) for pointing me in the direction of the RYA to get here, and to my parents for backing me.

"Without this support I wouldn't be where I am today."

Leila began sailing in 2010 at the age of ten at DSWC on the Isle of Dogs.

Since then she has dominated the London scene winning club, borough, inner London, greater London and London Youth Games titles.

Her dream is to be an Olympic sailor and she is on the RYA's Olympic programme.

### Climbing Head for heights

THIS is your last chance to show you have a head for heights and help raise funds for

the National Autistic Society.

Climbers are getting ready for the annual abseil down Canary Wharf's 50 Bank Street.

This year's event takes place on May 14 and is open to anyone over the age of 18.

No previous experience is required as training will be provided on the day.

For further information email [events@nas.org.uk](mailto:events@nas.org.uk)

### Table tennis Morpeth beaten

MORPETH'S under-16 boys failed in their bid to win the Butterfly National Schools Championships in Hinckley, Leicester.

The team of Jamie Dignum, Rijul Roychoudhary, Anthony Lynch, Murhad Hussain and Imran Hussain were beaten 7-1 by eventual champions St Mary's College (Hull).

Last year the Bethnal Green team were just beaten to the gold medal.

### Keep fit Women work out

Bethnal Green Community Fitness Club is holding three women-only exercise sessions.

There are exercise classes every Monday, from 10-11am at Minerva Community Centre, 10 Minerva Street, Bethnal Green, and Tuesdays, from 10-11am, at Zander Court Club Room, 50 Zander Court, Bethnal Green.

There is also a walk every Thursday, starting at 11.30am, at Bethnal Green Library, Cambridge Heath Road, E2.

For more details email [ambrose595@gmail.com](mailto:ambrose595@gmail.com)

### Karate

POPLAR'S Veras Karate Academy once again proved a class act at the English Karate Federation National Championships at Ponds Forge, Sheffield.

Top performer Luca Veras won the 8-9 years kumite. There were silver medals for Luan Veras, Liam Veras and Seyhan Cinar in the 10-13 years team kata, Sam Mrabet in the below-75kg senior male kumite and Harry Elves in the kata learning disability category. Bronze medals went to Mrabet in the open senior male kumite, Luan Veras in boys' 10-13 years kata, and Donna Blake and Jasmine Pomeroy for the female team kumite.

Pomeroy took two further bronzes in the below-68kg and open-weight senior kumite, with Chloe Casimir getting one in the 14-15yrs plus-54kg kumite. Association head instructor, Sensei Raphael Veras, who coaches the team along with Alton Brown, said he was proud of their achievements.



Top from left: Sensei Alton Brown, Sam Mrabet and sensei Raphael Veras.

Bottom from left: Luan Veras, Seyhan Cinar, Liam Veras and Luca Veras





**More inside**  
For stories on football, futsal, boxing, muay Thai and more...

SEE PAGES 29-31



## Making her mark in the big leagues

Mercy Brown is still classed as a junior, but in her first European senior championships she won two bronze medals in the 75kg+ category and just missed out on a British record.

SEE BELOW



TOWER HAMLETS

# eastend sport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

## Mercy comes of age



Mercy with her medals

PHOTO BY  
All Things  
Gym  
(Gregor Winter)

Olympic weightlifting hopeful wins two European bronzes in first senior contest

BY PETER FAULKNER

**WEIGHTLIFTER** Mercy Brown has again shown her world-class potential...and hopes she gets the chance to do so again at the Olympics in Rio this summer.

Brown is still only 19 and classed as a junior. But she took her performances to a new level in her first European senior championships.

She won two bronze medals in the 75kg+ category and just missed out on a new British clean and jerk record of 130kg because of a press-out (the arms were not locked).

After the event in Forde, Norway Mercy, who will be 20 in June, was quick to praise to her coach George Manners.

Manners, who represented Britain at the 1964 Tokyo Olympics, began training Mercy as a 15-year-old at the Bethnal Green Weightlifting Club.

She said: "Thank you George for coaching me from the start and sticking by me no matter how difficult I can be. The best coach I can ask for with all his wisdom and knowledge.

"Thanks also to Keith Morgan



**Thank you George for coaching me and sticking by me no matter how difficult I can be."**

Mercy Brown

who coached me today and supports myself and George Manners as we push through training at Crystal Palace.

"Also thanks to my teammates and coaches at Crystal Palace who put up with my tantrums and always support no matter what and my sponsors to whom I am very, very grateful.

"Last but not least the GB team who stood by one another this whole week, the team is in a healthy place and well done to everyone on their inspiring performances."

Mercy, from Poplar, is hoping this performance in this final Olympic qualifying event and

her success over the last few years – she holds British records from under-16 up to senior level – will be enough to win her a first Olympic place.

Two other Olympic hopes, University of East London students Lawrence Okolie and Aimee Willmott, had mixed fortunes.

Swimmer Willmott must wait and hope that she makes it to Rio – despite winning gold, silver and bronze at the British swimming championships in Glasgow, she is still not sure of a place on the plane.

Willmott missed the Rio qualifying time when she came second to Hannah Miley in the 400m individual medley then later won the 200m butterfly and picked up a bronze in the 200m individual medley.

"Rio is my aim so I hope I have done enough," she said. "I can go faster and I just need the chance to prove it."

Former Repton boxer Okolie has booked the heavyweight berth at Rio. Okolie won the Euro Olympic qualifying tournament in Samsun, Turkey – without throwing a punch after opponent, Paul Omba Biongolo of France, withdrew.

## Landlords... Top rents achieved 3 months paid in advance

**FREE PROPERTY LICENCE**

**Hassle-Free Letting**

*Rent your property today!*

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting



Properties Urgently Required in all East London Boroughs & Essex



**elliottleigh.com** 020 8983 4444

Visit our website for more information [www.elliottleigh.com](http://www.elliottleigh.com)





## Audience with Mr Obama

Mulberry pupils meet President following visit from First Lady

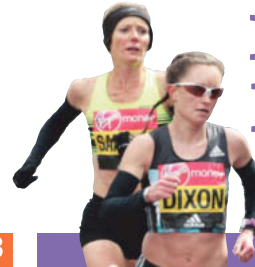
SEE PAGE 2



## Farewell to an old-school MP

Mildred Gordon fought tirelessly for east Londoners

SEE PAGE 13



## London's great human race

Thousands of runners make it a marathon to remember

SEE PAGES 16 & 17

ISSUE 1100 2 - 15 MAY 2016

WWW.TOWERHAMLETS.GOV.UK



# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

**CITY GATEWAY**  
**CREATES SIGNIFICANT POSITIVE BENEFITS FOR THEIR MAIN STAKEHOLDER GROUPS: SERVICE USERS, SOCIETY, TAXPAYERS, AND THE LOCAL BUSINESS COMMUNITY.**

emsi



LOVE



COHESION



INTEGRITY

Funded and supported by





# DRIVEN BY OUR VALUES



## LOVE

To commit to everyone we work with and for, by showing love in a supportive, resilient and transformative way



## COHESION

To foster cohesion amongst our colleagues, services users and the wider communities in which we live, work and serve



## INTEGRITY

To ensure our approach is community focussed, always doing what's right for them in the right way and for the right reasons

## TO REALISE THE VALUE IN OUR COMMUNITIES

Participating in courses helps the service users improve their self-confidence and develop the tools they need to approach life's challenges.

INDEPENDENT  
ECONOMIC  
REPORT 2016

emsi

### BENEFITS TO OUR SERVICE USERS

EVERY **£1** INVESTED INTO EDUCATION AND TRAINING FOR SERVICE USERS AT CITY GATEWAY, YIELDS **£5.90 IN HIGHER FUTURE WAGES**.

THIS TRANSLATES TO A 16.3% ANNUAL RATE OF RETURN.

### BENEFITS TO TAXPAYERS

TAXPAYERS SEE AN AVERAGE ANNUAL RATE OF RETURN OF 10.6% FROM INVESTING IN CITY GATEWAY, WITH A BENEFIT-COST RATIO OF £3.00 IN BENEFITS RETURNED FOR EVERY £1 IN COSTS.

### CITY GATEWAY IMPROVES QUALITY OF LIFE

SERVICE USERS ENJOY BETTER EMPLOYMENT OPPORTUNITIES AS A RESULT OF THE SUPPORT THEY RECEIVE AT CITY GATEWAY. THIS MAKES THEM LESS LIKELY TO COMMIT CRIMINAL OFFENCES AND LESS LIKELY TO REQUIRE INCOME ASSISTANCE.

BOTH EFFECTS TRANSLATE TO A PRESENT VALUE OF **£1.2 MILLION** IN LAW ENFORCEMENT SAVINGS AND **£144.8 THOUSAND** IN UNEMPLOYMENT-RELATED SAVINGS TO LEARNERS AND TO SOCIETY AS A WHOLE.

emsi







## YOUTHWORK

**Tuesdays**  
3.30-5pm  
7-9pm

Youngers sessions 10-12 years old (open club, taster sessions)  
Get involved 13-19 years old (open club, workshops, cooking, arts, sports)

**Thursday**  
5-7pm  
7-9pm

Hope dance 13-19 year olds (dance)  
Girls network 13-19 years old (girls only sessions, workshops, meet new people, try new things!)

**Friday**  
5-6pm  
6pm-9pm

Young Leaders 12-24 years old (gain qualifications and get voluntary experience)  
Sports academy 13-19 years old (sports and peer led coaching)

Limehouse Youth Centre, E14 8BN

020 7531 6199  
07580 585525

✉ youthwork@citygateway.org.uk

CITY GATEWAY

**“When I first started going to Limehouse, I never had vision about what I wanted to achieve. Then I took an apprenticeship and volunteered leading other young people and now I’ve got a job in youth work.”**

Karl, former service user



## PROGRESSION PATHWAYS (COURSES/ TRAINING/ APPRENTICESHIPS)

**Starts w/c 6th June - PwC Employ course**

Two days' work shadowing at PwC  
Course running in partnership with PwC  
Course content related to professional services

**Starts w/c 6th June - Business Administration, Customer Service, IT**

Last courses of the year

**Starts w/c 16th May or 23rd May - Graduation/ progression**

**23rd/24th May - Traineeship IBM Graduation of current group**

020 3727 6222 07540 686503 ✉ admissions@citygateway.org.uk

CITY GATEWAY

**I never thought I'd be working at this stage of my life but I am. And it's only because of City Gateway and the IBM Traineeships.”**

IBM trainee



## WOMEN'S PROGRAMMES

**6th and 20th May**  
10am-12

**Textile workshops**

**19th May**  
1-3pm

**Health Cafe**  
Fertility

**26th May**  
1-3pm

Keeping healthy in Ramadan

Stepney Life Centre (Stepney) 020 3727 6287 ✉ women@citygateway.org.uk

**“Many women when they stay at home can't take part in the community and lose their hope of employment. City Gateway Women's Programmes' support and encouragement means that I've made some good friends from lots of different cultures and backgrounds and got a job.”**

Women's Programmes Learner

CITY GATEWAY



## EARLY YEARS - GATEWAY TOTS

**13th May 9:30-11:30am**

**Circle of Security: Therapeutic parenting course around attachment.**

For parents of children under 5 years.  
Crèche will be available.

Mastmaker Court (Isle of Dogs) 020 3727 6292 ✉ info@gatewaytots.co.uk  
Lansbury Lodge (Poplar) 020 7515 7878

**“Sarah had problems with her speech before we took her to Gateway Tots. Through the one-to-one support the staff provide, she is now using sentences. I'd never have achieved all this at home.”**

Gateway Tots Parent

CITY GATEWAY

**“CITY GATEWAY INVESTS IN ITS SERVICE USERS' EDUCATION AND TRAINING. HAD CITY GATEWAY INVESTED THE SAME FUNDS INTO TODAY'S INDIVIDUAL SAVINGS ACCOUNTS (ISAs) ON BEHALF OF EACH SERVICE USER, THEY WOULD HAVE RECEIVED A RATE OF RETURN OF LESS THAN 2.7%, COMPARED TO AN AVERAGE ANNUAL RATE OF RETURN OF 16.3%.”**

emsi

INDEPENDENT ECONOMIC REPORT 2016



City Gateway 14-19 Alternative Provision (CGAP)

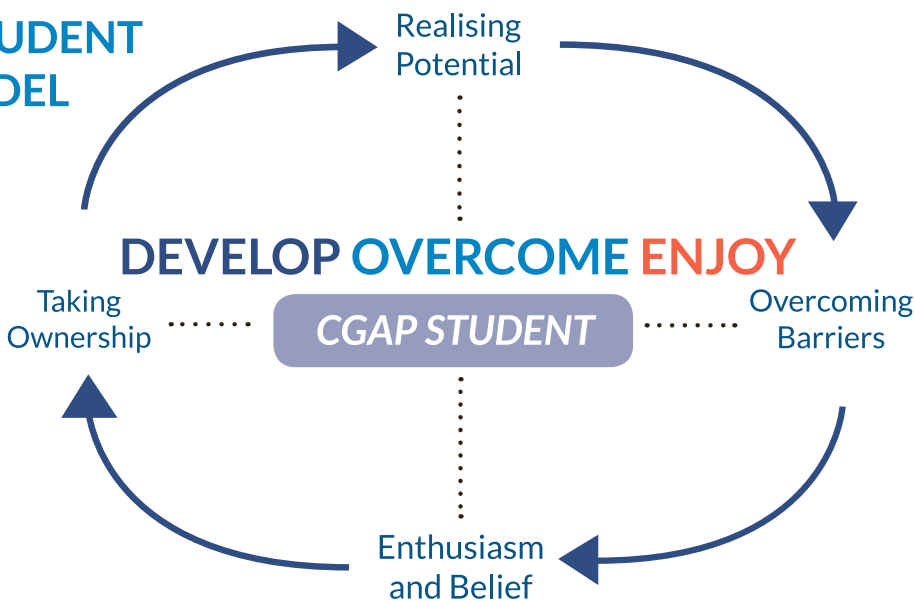
CITY GATEWAY



OUR STUDENT MODEL

“I think the support that you’ve all given her at City Gateway is incredible... I’m pleased that I let her go to City Gateway, I really am.”

Alternative Provision  
Learner Parent

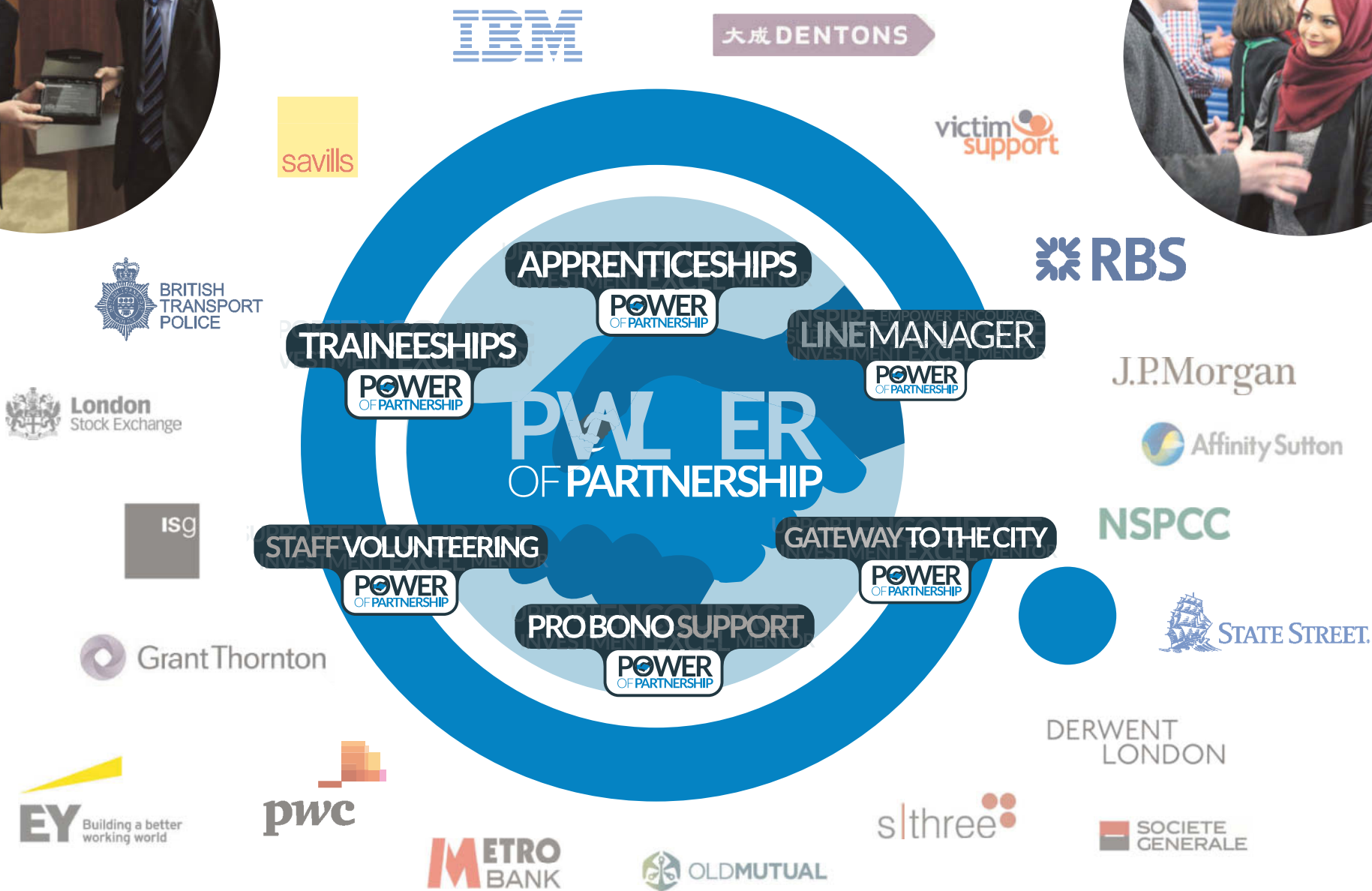


1. Develop knowledge, vocational skills and attainment
2. Develop character for success
3. Develop skills for life

4. Overcome barriers

5. Enjoy enriching experiences

Our work is powered through our valued partnerships across a number of key areas



Contact Us



020 3727 6300



admin@citygateway.org.uk





# ICON COLLEGE

OF TECHNOLOGY AND MANAGEMENT

## LONDON

Are you a mature student and have GCSEs and work experience?  
Do you have A levels but missed your place at university or dropped out?  
Then achieve a **UK university degree via HND at ICON College.**

- **Flexible Learning:**  
day-release, evening and weekend classes available

\*UK and EU students are eligible for  
**student Loans**

\*Please see our website for details



## ENROLLING NOW *for* MAY & SEPTEMBER 2016

**QAA Reviewed**  
Quality Assurance Agency  
for Higher Education

[www.iconcollege.com](http://www.iconcollege.com) 020 7377 2800 [info@iconcollege.com](mailto:info@iconcollege.com)

PEARSON  
**BTEC**  
Approved Centre





# ICON COLLEGE

## OF TECHNOLOGY AND MANAGEMENT

### STATE OF THE ART IT & ENGINEERING LABS



### LIBRARY & RESOURCE CENTRE



**ENROLLING NOW** *for* **MAY & SEPTEMBER 2016**

[www.iconcollege.com](http://www.iconcollege.com)

**020 7377 2800**

[info@iconcollege.com](mailto:info@iconcollege.com)





**ICON COLLEGE**  
OF TECHNOLOGY AND MANAGEMENT  
**LONDON**

**ENROLLING NOW *for* MAY & SEPTEMBER 2016**



I am Patience and I am from Nigeria. I completed my HNC in Business at ICON College.

**I LIKED STUDYING AT ICON COLLEGE BECAUSE ...**

- The teaching staff are very friendly, informative and helpful.
- The teachers really encouraged me to achieve the best results and supported me in my studies.
- The lectures are very engaging and they really make learning at ICON College an interesting and enjoyable experience.



I am Md Shafiqur and I am from Bangladesh. I completed my HND in Business.

**I ENJOYED STUDYING AT ICON COLLEGE BECAUSE ...**

- ICON College offers unlimited wifi access to all students which means I can use my laptop in class!
- The College offers flexible study programmes which allow students to maintain a good balance between work, studies and family life.
- The College provides a wide range of support including careers and financial advice, and accommodation support, so we always have someone to advise us when we are facing hardship.



I am Silvija and I am from Lithuania. I completed my HND in Travel & Tourism Management.

**I JOINED ICON COLLEGE BECAUSE ...**

- I really liked the fact that ICON offers flexible start dates: they admit new students in September, February and May.
- All of ICON's lecturers are highly qualified and experienced, so I knew that I would be learning from some of the best academics in TTM.
- I thought it was great that ICON assigned an academic tutor to each student for the duration of their study.

**www.iconcollege.com 020 7377 2800 info@iconcollege.com**





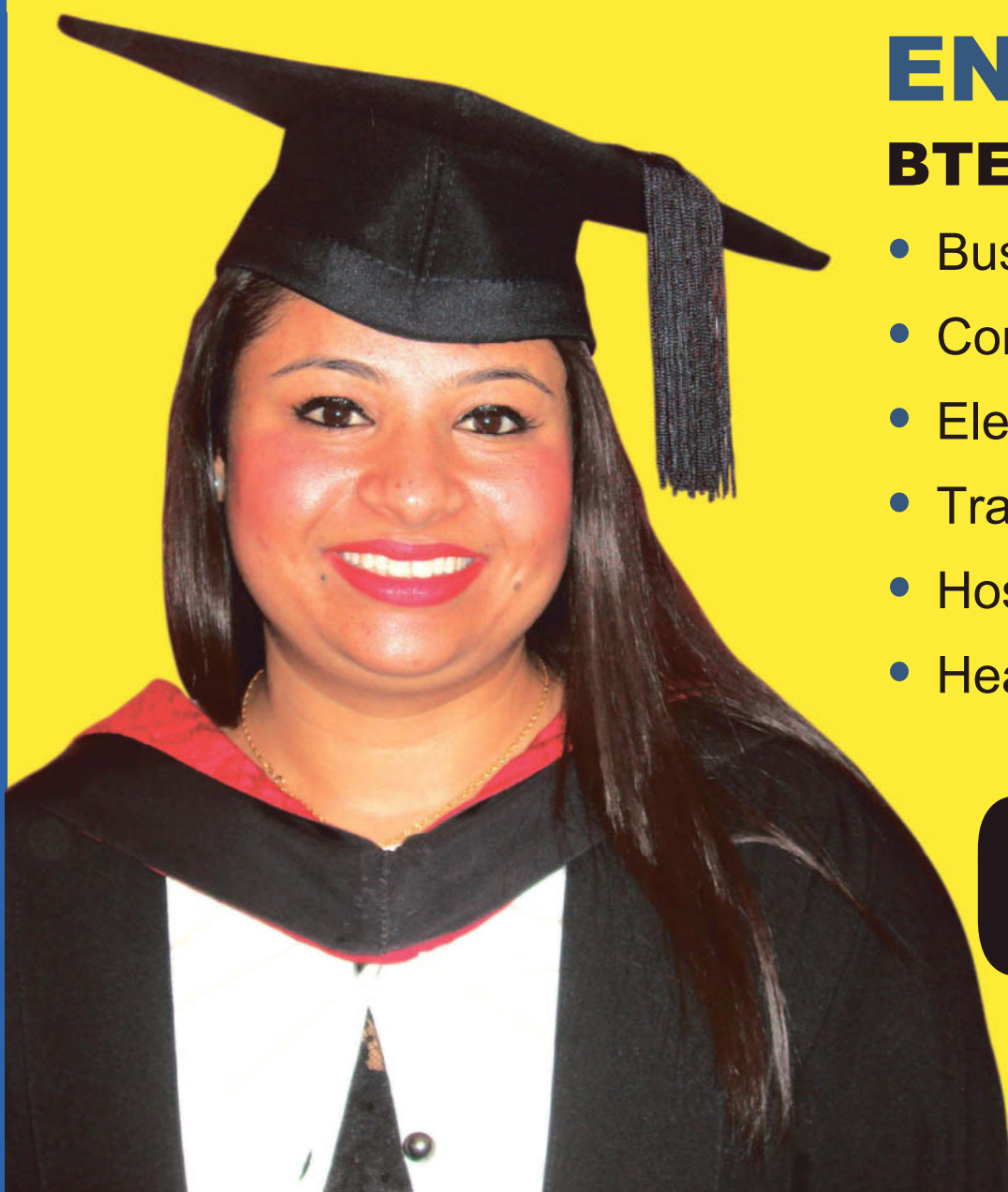
# ICON COLLEGE

## OF TECHNOLOGY AND MANAGEMENT

UK & EU students are eligible for tuition and maintenance loans from the Student Loans Company\*

### AFFORDABLE UK DEGREES

\*Please see website



### ENROL NOW FOR: BTEC Level 5 HND in

- Business
- Computing and Systems Development
- Electrical and Electronic Engineering
- Travel and Tourism
- Hospitality Management
- Health and Social Care / Care Practice

#### Progression Routes

BA, BSc, BSc/BEng (Hons) via HNDs (Final Year(s) at selected UK Universities)

QAA Reviewed  
Quality Assurance Agency  
for Higher Education

PEARSON  
BTEC  
Approved Centre

[www.iconcollege.com](http://www.iconcollege.com)

020 7377 2800

[info@iconcollege.com](mailto:info@iconcollege.com)

Unit 21-22, 1-13 Adler Street, London E1 1EG

**ENROLLING NOW *for* MAY & SEPTEMBER 2016**